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Penline Castle.

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THE *Vol. 4. 5. 6.*
Family MAGAZINE:

In TWO PARTS.

PART I.

Containing Useful *Directions* in All the BRANCHES of
HOUSE-KEEPING and COOKERY.

Particularly Shewing

How to Buy-in the Best of all Sorts of PROVISIONS ;
As *Poultry-Ware, Butchers-Meat, Fish, Fruit, &c.*

With several Hundred RECEIPTS in

COOKERY,		DISTILLING,
PASTRY,		BREWING,
PICKLING,		COSMETICKS, &c.
CONFECTIONARY,		

Together with the ART of

MAKING ENGLISH WINES, &c.

PART II.

Containing A Compendious

BODY of PHYSICK ;

Succinctly TREATING of

All the DISEASES and ACCIDENTS

INCIDENT TO

MEN, WOMEN, and CHILDREN:

WITH

Practical Rules and Directions for the Preserving and
Restoring of HEALTH, and Prolonging of LIFE.

In a METHOD intirely New and Intelligible ; in which every
Disease is *rationaly* and *practically* considered, in its several STAGES
and CHANGES ; and approved RECIPE's inserted under every
Distemper, in *Alphabetical Order*.

Being principally the *Common-place Book* of a late able PHYSICIAN,
by which he successsfully, for many Years, regulated his PRACTICE.

With a SUPPLEMENT, containing a great Variety of *Experienced Receipts*,
from Two Excellent FAMILY COLLECTIONS.

Now First communicated for the PUBLICK BENEFIT.

To which is Added,

*An Explanation of such TERMS of ART used in the WORK, as could not be so
easily reduced to the Understanding of common Readers.*

L O N D O N :

Printed for J. OSBORN, at the Golden-Ball in Paternoster-Row.

MDCCXLI.

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THE
P R E F A C E.

THE Piece which we now present to the Publick, carries with it such a visible Preference to all others that have hitherto been published of the Kind, as well for the Excellency and Choice of the Materials, the Quantity of Matter, and the easy, intelligible, and convenient Method in which the Whole is disposed, that we shall make no Apology for its Publication; nor do it the Injury to compare it with those which have gone before it.

The Work consists of *Two* principal Parts:

The *First*, Contains useful Directions in all the Branches of *House-keeping* and *Cookery*.

And the *Other*, Comprehends practical *Rules* and *Directions*, with *approved Recipe's*, for preserving of **HEALTH**, and prolonging of **LIFE**.

The **FIRST** of these, though the least considerable as to Bulk, we will venture to say, by the Largeness of the Page, and the Smallness of the Character, contains more Matter than most Books of the Kind.

For the Reader will find in it,

I. The *Complete CATERER*, containing easy and intelligible Instructions how to Buy-in all Sorts of Provisions for a Family, and to know whether what is bought be new

or stale, young or old ; and this with regard not only to *Poulterers-ware*, as Water-fowl, Land-fowl, Hares, Rabbits, &c. but also Directions for curing the *Distempers* incident to *Poultry*, and likewise how to feed and manage all Kinds of *Birds* for the Table: Together with easy Rules to know the best Sorts of *Butchers-meat*, as Pork, Beef, Mutton, Lamb, Veal ; also *Bacon*, *Hams*, *Venison* : *FISH* of all Sorts ; and even *Butter*, *Eggs*, *Cheese*, &c.

2. *The Mystery of the FRUITERERS*, shewing the most approved ways to gather, keep, and order all Sorts of Fruit, native or foreign, throughout all Seasons of the Year ; and how to judge of their Goodness.

3. The TERMS OF ART used in CARVING, and Instructions to carve according to those Terms.

4. An ample Bill of Fare for every Month in the Year, with ready Messes for SUPPERS, &c.

5. Directions and Schemes for placing the Dishes on the Table, with the *Regalia* for a SIDE-BOARD, &c.

6. Sundry Kinds of *Sauces* and *Garnish*.

7. A great Number of choice Receipts in the several Branches of COOKERY ; as how to dress (in every Shape of Preparation for the Table) all Sorts of *Poulterers-ware* ; *Beef*, *Mutton*, *Pig*, *Pork*, *Lamb*, *Veal*, *Venison*, *Hams*, *Tongues*, and *FISH* of all Sorts, each under its proper Head.

8. Practical Instructions in the Arts of PASTRY ; including all Sorts of Pyes, Pasties, Puddens, Cakes, Custards, Cheese-cakes, Florendines, &c.

9. The Art of PICKLING ; which gives proper Rules for that Work, in all-Sorts of *Flesh* and *Fish* usually pickled, as well as *Fruit*, *Berries*, *Plants*, &c.

10. *The Complete CONFECTIONER* ; containing Directions for *preserving*, *candying* and *drying* all Sorts of *Fruit* ; as also how to make all Kinds of *Creams*, *Jellies*, *Syrups*, *Marmalades*, *Conserves*, &c. adapted as well for *Health* as *Delight* ; to which is prefixed, The Art of boiling and managing Sugar, for the several Uses of the *Confectionary*.

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11. The Art of DISTILLING, shewing how to make a great Variety of the most wholesome CORDIAL WATERS, &c.

12. *The Art of making* ENGLISH WINES; also *Mum, Mead, Metbeglin, Cyder, Perry, &c.* and how to fine-down Wines, and to recover those which are vitiated or decaying.

13. *The* FAMILY BREWER; in which Directions are given for chusing good *Malt, Hops, Water, &c.* and every thing necessary to the Art of *Brewing*; likewise how to fine, recover, and preserve all Sorts of *Malt Liquors*, as also how to make *Cbina-ale, Ebulum, Purl, &c.*

14. COSMETICKS; or, The Art of beautifying the SKIN, by the most wholesome and innocent Ingredients; also how to preserve the *Teeth*, mend the *Complexion*, make the *Hair* grow; to cure *Morpheus, Freckles, Ring-worms, Tetters, Pimples*, and prevent the *Pitting* of the *Small-pox, &c.*

15. And to conclude this *First Part*, the Reader will find, under the Title of, *The Frugal HOUSEKEEPER'S DIRECTORY*, some choice Receipts necessary to be known by all good Housewives, for the better Management of *Family Affairs*; with useful Additions to several of the foregoing Articles; and, moreover, Directions for destroying most Kinds of noxious Vermin, and Insects; as *Bugs, Flies, Ticks, Moths, Fleas, Lice; Mice, Rats, Weasles, &c.*

So that we may venture to say, That this *First Part* is a curious Compendium of all that is requisite to be known in a Family, as to Provisions of all Sorts from the Market and Shop, to the Kitchen and Table, and to every other Branch of good OEconomy.

Thus far has the Editor of the Work ventured to assert, on a careful Perusal of the *First Part*.

The SECOND PART is of that Importance to Mankind, that we shall leave it to the ingenious Lady herself, who

communicates it to the World, to give an Account of it ; (as also of her Part in the First Treatise, the Particulars of which we have enumerated) and we shall subjoin it as follows, in her own Words.

Courteous Reader,

THE above is the Account which the Person who may properly be called the Editor of the Work, has given of the *First Part* of it, as he says, on a careful Perusal. For as to myself, who collected and furnished the Materials for it, I am quite unskilled in Applications of this Sort to the Publick. But it behoves me, however, (at least I am made to believe so) to give some little Account myself, of the Matter, and the Occasion of publishing it.

As to the Matter and Materials, they are what I had collected and digested for my Observance in the busy Lot that had for many Years, befallen me, in the *House-keeping* and *Catering* way ; having always had to provide for and manage a large and numerous Family, first of my own, and afterwards of a Relation's in high Life ; and for their Use and Excellency, the Gentleman has said too much above, to leave me any room to add to his Account of them in that Respect.

But with regard to the *Second Part*, that being not my own, I can speak more freely of it.

I had a Brother (and it is my great Misfortune, and that of hundreds of others, his Patients, that I am forced to say I *had*) whose Practice and Success in Physick was second to none in all the populous Towns around the Place of his Residence. And he thought it proper to digest what he had read, and what he had experienced, into a Kind of *Common-place Book*, to which he frequently had recourse, and added and alter'd, and observ'd upon, as he found Occasion, from his own Experience ; and there are many Notes in it, throughout, of, [*This I found efficacious in Mr. — Case ;*] [*This had not the Success in Lady —'s Case as it had in Mrs. —'s — ; and therefore*

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fore I substituted what follows] and other Observations of the like Nature ; which shew, that he made it the Directory of his Practice, in most of the Cases he was concerned in : And indeed, the first Leaf, by way of Title to it, was written upon, — *Physick, &c. Common-placed, for a Help to my Memory and Practice.*

These Papers, on his much-lamented Death, fell into my Hands, as his Executrix : And a good Lady, whose Life is one continued Series of Charity to the Poor and Sickly, insisted, that they might be printed for the Good of the Publick ; and I had too many Obligations to her Ladyship to deny her Request. Accordingly I consulted a Friend who was a good Judge of Books and Mankind, upon it, who represented, that there were many Books of Physick, and that since I refused to affix my Brother's Name to it for *Family Reasons*, and as it seem'd so well fitted for the Generality of People, and to be written in so plain and intelligible a manner, he was of Opinion, that it would be of more general Use, and in more Request, if the Subjects relating to Family Matters, (which he complimented me with being a Mistress in) were prefixed to it ; as many such Books, he said, compiled of very slight and superficial Materials, had been well received by the Publick, although they had given only general Recipes perhaps, and those chosen at random, for a Disease, that had many *Stages* and *Changes*, and in which a Prescription that might be good in one *Stage*, might be very hurtful in another ; and where neither *Bleeding*, *Purging*, nor *Vomiting*, which were often of absolute Necessity to be begun with, were ever suitably directed. By which general Treatment and Neglects, many Lives, no doubt, had been cast away. Whereas, as he observed, my Brother's Papers treating the Subject according to *Art*, and with regard to its *progressive Steps*, would be of infinite Use to the Publick, if it could be brought into a portable Compass, and sold at an easy Rate. And this he instanced in the Articles of *Fevers*, *Small-pox*, *Colds*, *Consumptions*, *Dropsies*, &c. that had

had each several *Stages* and *Changes*, which requir'd quite *different* Managements.

My ever-valuable Friend the good Lady I have mention'd, approved the Gentleman's Scheme, and joining to urge me to pursue it, I resolv'd to set about preparing for the Press, those Materials which compose the *First Part* of this Work; though, I must needs say, not without some Reluctance, because of their Unworthiness to appear in Company with my Brother's Papers.

I had however, after this, other Objections of no small Force, which were, That as my Brother had no Thought of publishing his Papers, having written them for his own private Use, so they wanted the Method, and Address to the Readers, which were necessary to fit them for general Use; and that many of the private Observations which related to particular Persons and Cases, (some of which, I was sure, would not be well taken to be published as they stood) should be alter'd or omitted, as the Case might require; and also that the Introductions to the Distempers should receive a more general Air and Turn, than they already had: And particularly I was of Opinion, that the Article of *Venerreal Distempers* should be wholly omitted; lest it should encourage unhappy Creatures, when they were taught the Method of Cure, to persist in their profligate Courses: And having observed some Repetitions of particular Management in some Distempers, which were hardly avoidable, as he had written the Sheets at particular and very distant times; (for Instance, in such Articles as *Hystericks*, *Feminine Distempers*, *Hypochondriack Distempers*, &c. which bear a Relation to one another; and again in *Apoplexy*, *Epilepsy*, *Lethargy*, *Palsy*, &c.) I insist'd, that the Whole ought to be inspected by a Person of Skill, and reduc'd to one uniform Method, and that for avoiding Repetitions, &c. more References ought to be made, (for my Brother had made many, and observed an alphabetical Method in the Whole): All which, I said, I thought so necessary to be done, and yet so difficult to get perform'd

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perform'd as it ought, that I thought these were insuperable Objections against publishing the Papers.

And indeed these Reasons appeared so considerable to *both* my Friends, as well as to myself, that the Matter rested here some Months ; till at last, on the agreeable Success in a consumptive Case managed according to the Prescription in my Brother's Papers, upon a young Gentleman known to us all, who was far gone in a wasting way, I was again urged to a Publication of the Whole, to which I consented, upon my Friend's procuring me a careful and skilful Person, who having Time upon his Hands, undertook to *revise, class, refer to, and introduce* the Subjects, as the Case should require ; and in short, to fit the Papers for publick Use, and to give them the requisite general Air and Turn for that Purpose ; and at the same time, he undertook to render the physical Terms, where-ever it could be done, plain and easy to every one ; and where it could not with Advantage, to explain in a short kind of Dictionary at the End, those difficult Terms that occur not usually in common Reading. And with regard to my Objection as to the *Veneral Article*, he gave me a Specimen of what I might expect from his Care, in the manner it appears as an Introduction to that Article ; and I was well satisfied with the Reason he there gives, why such a Subject should not be excluded this Collection.

All my Objections being thus removed, I committed the Papers to the Care of the Gentleman who had thus undertaken to be the Editor of them, for the Press. And after he had performed the Task he had set himself, he returned them to me, with the Title-page that now is prefixed ; and I took the Pains to compare what he had done with the original Papers, and found great Cause to be pleased with his Care, Dexterity, and Diligence.

But that I might still further proceed with the Consideration due to the Importance of a Work, which, when published, was to concern the Health and Welfare of
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so many thousands of my Fellow-subjects, I determined (though I had no Reason to doubt my good Brother's Judgment, any more than the Care of the Editor) to put the Manuscript, alter'd as it was by the latter, into the Hands of a worthy and experienced Physician, desiring his Opinion of it, and telling him, that at the Request of my good Friend the Lady ——— I was inclined to publish it for the general Good, if he thought it capable of contributing to it; and that I was prevailed upon to prefix to it the Subjects of Family Management, &c.

And this Request the Lady herself (to whose Family, when in *London*, the Gentleman is Physician) joining in, the Result was, that after it had lain near twelve Months in his Possession (his great Practice not permitting him to go through with it sooner) he returned it to me in the Country, accompany'd with a kind Letter: Which, because it will save me a great deal of Trouble in speaking of the Merit of the Performance, I hope the Gentleman will forgive me for inserting. And which is as follows:

Good Madam,

“ I AM at a Loss to know how the Business of *Cookery*
 “ and the *Kitchen* comes to be joined with a Treatise
 “ of *Physick*; except for one Reason; which is, that the
 “ latter may be thought a proper Antidote to the Mis-
 “ chiefs which luxurious Eating and intemperate Drink-
 “ ing always bring upon Mankind. But be it as it will,
 “ it is your Business, who have had such large Expe-
 “ rience in all the Branches of Housekeeping, and are so
 “ excellent an *Æconomist*, to answer for *that*: As it is
 “ mine, at your Request, to tell you what I think of
 “ your good Brother's Papers. And, in few Words, my
 “ Opinion is, That you have chosen for the Treatise, a
 “ happy and very expressive Title, which promises much;
 “ but I truly think, not more than the Work performs:
 “ For,

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“ For, under the Articles of *Air, Aliment, Appetite, Con-*
 “ *stitutions, Diet, Digestion, Evacuations, Exercise, Herbs,*
 “ *Odours, Old Age, Palliatives, Perspiration, Plague, Spi-*
 “ *rituous Liquors, Temperance, Venomous Bites, and poisonous*
 “ *Vegetables, &c.* it gives us excellent Instructions for the
 “ PRESERVATION OF HEALTH, and PROLONGATION
 “ of LIFE. Under the Heads of *Burns, Bruises, Ears,*
 “ *Eyes, Inflammatory Distempers, Scalds, Wounds, &c.* it
 “ provides against the ACCIDENTS to which Mankind is
 “ subject. By the Articles intituled *Childrens Distempers,*
 “ *Cutaneous Distempers, Feminine Distempers, Hypochon-*
 “ *driack and Hysterick Disorders, Milk, Teeth, Thrush,*
 “ *Worms, &c.* the Diseases usually incident to WOMEN
 “ and CHILDREN, are guarded against. And by the
 “ other numerous Heads of Distempers (so uniformly
 “ rang’d and dispos’d in alphabetical Order, it instructs
 “ the Reader in the Management of all the Diseases to
 “ which MEN, in common with *Women and Children,*
 “ are liable. And I cannot but say, that I think the
 “ Whole a well-digested and useful Performance, which
 “ may do a great deal of Good in the Hands of well-
 “ disposed Gentlemen and Ladies, who charitably incline
 “ to assist their poor Neighbours and Tenants, where a
 “ skilful Physician is not at hand ; and at the same time
 “ is not unworthy of the Perusal and Observation of such
 “ young Beginners in the *Lower Branches* of the Physical
 “ Science, in the Country, who may not have Opportu-
 “ nity of readier and larger Helps.

“ This I am the more dispos’d to hope for, since you
 “ assure me, it was generally the Regulator of the Practice
 “ of our good Friend, whose Loss you so justly deplore ;
 “ and whose successful Practice, we all know, brought
 “ him the *Blessings* of Multitudes of Patients, and was the
 “ *Envy* of lesser Practitioners in the populous Towns in
 “ his Neighbourhood.

“ I could say much more on this Subject, and in Praise
 “ of the Performance ; but I think it needs it not : Less,
 “ I could not say, in Justice to the Piece, and to the
 “ Memory

“ Memory of its judicious Compiler ; as well as in Obedience to your Commands. For I am,

MADAM,

Your most obedient humble Servant.

“ P. S. I have taken the Liberty to *alter* and *enlarge*
 “ some of the Articles ; and to *add* here and there
 “ a little *new Matter*, to shew my Willingness
 “ to contribute to the good Design. I hope this
 “ will not be unacceptable. I have, to distinguish
 “ what I have done, that you may approve or
 “ reject with the greater Ease, written with
 “ *red Ink.*”

The Reader need not doubt that I returned my thankful Acknowledgments to this learned Gentleman, as well for his kind Letter, as for his condescending to make Alterations and Additions, which are not a few : And as to the Hint he gives in the beginning of his Letter, of the Mischiefs accruing from Excess and Intemperance in Meats and Drinks, I hope I have taken Care not to deserve Reproof, in the Receipts and Directions I have collected and furnished, in the *First Part* of this Treatise. For I must say, that I have in all the Articles of it, and in every Receipt I have recommended, studied at one and the same time, the *Elegance*, the *Frugality*, and the *Wholsomeness* of the *Composition*, as well as the *several Ingredients*, and have never once intended to comply servilely with a *depraved Taste* or *luxurious Appetite* ; by which *Health* might suffer, or be endanger'd. I must needs say, however, that the Gentleman has (tho' pleasantly intended by him) furnished me with a good Hint to permit the two Subjects to appear together : For however innocent in themselves the Materials and the Recipes which I have communicated, may be, yet as the best things may be abused to the worst Purposes, and so become *Poison* to the Constitution, the *Antidote*, in case of so bad a Use, should be always at hand.

It may be farther necessary to observe, that in the original Papers, my Brother had in many Places, prefixed marginally,

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marginally, to the Rules and Recipes, particular Names of Physicians, and initial Letters of Titles of Books; and, among many others equally eminent, (besides many Foreign Practitioners) were the Names of the following; viz.

LOWER,
WILLIS,
HARVEY,
PITT,
SYDENHAM,
MORTON,
ALLEN,
FULLER,
GARTH,
FREIND,
RADCLIFFE,

Lord BACON,
BOYLE,
ARBUTHNOT,
BOERHAAVE,
CHEYNE,
H —
H —
T —
M —
M —
P —

And sometimes several Physicians Names together, and his own with them, which I suppose was in particular Cases, where a Consultation was held. Against very many, he had made this mark *, by which, I find, he distinguished what were the Results of *his own Experience* and *Practice*. A large Number also he had noted with the Names of *private Persons*, to whose Communication he was obliged for some Receipts, which he could depend upon had been attended with Success.

As I could not tell how far he had, or had not, depended on those Names, and made use of their Prescriptions, he having, in some Places, (as I presume, on further Experience) controverted and alter'd some of the Rules they laid down, I thought it would be best in the Preface to observe thus much, and omit all those private Marks and Names, as well for this Reason, as to avoid giving Offence to any Person now in being, who might not be pleased to be mentioned on this Occasion.

I have been much press'd to put my Name to the *First Part* of this Work; but I cannot consent to it, for two Reasons: The First, That I have not the Vanity to believe

believe so well of myself, as the Persons pretend to do, who would persuade me to it: The Second, Because of my Relation to several honourable Persons, who would not be well pleased, perhaps, to see my Name in publick, on such an Occasion. Nor do I think it material to the Work; for if that has not a Merit in itself, it is not to be expected, that *any* Name should give it a Reputation; and if it has, it needs none.

I believe I have written enough; but will say one thing more; and that is, That as I intended no other Advantage to myself, than a few Copies for Friends, I desired that it might be printed in such a manner, as should make it come as easy as possible to the Publick, for whose Good it was principally intended. And indeed there was the more Necessity for this; as my Brother's Part (the far most useful of the Two) is so extensive, that I was told, it would in a common-sized Character, make two large Volumes of itself; and yet, I think, it is so contriv'd, as to be very legible, in the Sheets before us.

P. S. Being still teized for some Name, I will, tho' not my right one, subscribe That of

ARABELLA ATKYNS.

T H E

THE
Family Magazine.

PART I.

Containing Useful

DIRECTIONS
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HOUSE-KEEPING
AND
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Particularly Shewing

How to Buy-in the Best of all Sorts of
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With several Hundred RECEIPTS in

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COSMETICKS, &c.

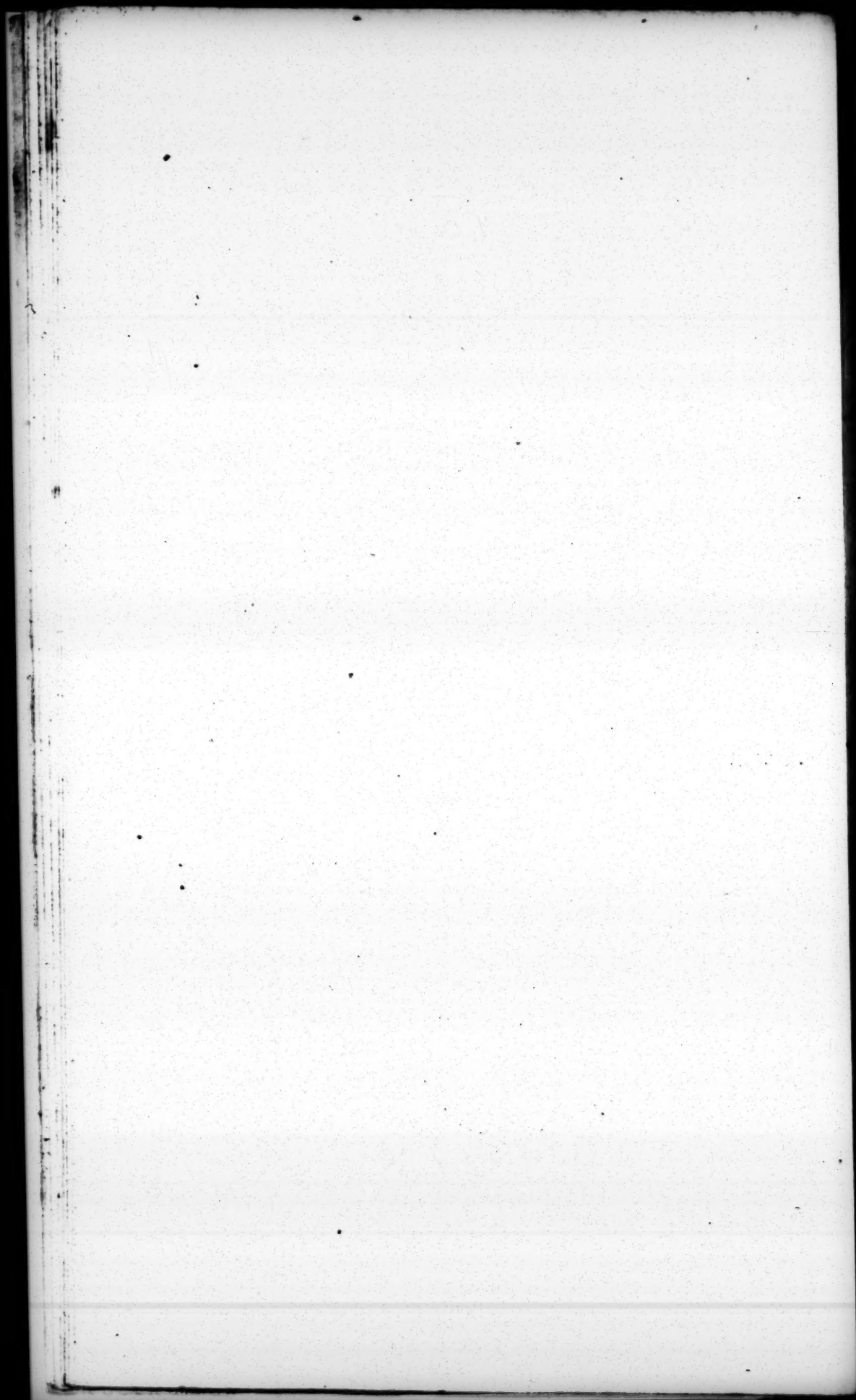
Together with the ART of

Making *ENGLISH WINES, &c.*



LONDON:

Printed in the YEAR MDCCXLI.





A New and Accurate
T R E A T I S E
O F
COOKERY, &c.

According to the
Politest and most Improved Taste.

The Complete CATERER;
*Containing INSTRUCTIONS for the Choice and Management
of all kinds of POULTRY; and how to chuse all sorts of
BUTCHERS MEAT, FISH, BUTTER, EGGS, &c.*

THE Art of CATERING, or *Buying in Provisions* for a Family,
and to know whether what is bought, be New or Stale, Young
or Old, is so essential to COOKERY, that we cannot better
enter upon this Treatise than with Instructions relating to those impor-
tant Points. We shall therefore begin with the POULTERERS ART;
and treat, first,

Of WATER - F O W L.

*How to chuse a Swan, Cygnet, or
other broad-footed Fowl.*

A SWAN, When killed, is ei-
ther pull'd, or scalded; if
full of hairs, then it is old, but if

not, then it is young. A young
Swan is called a Cygnet.

A WILD GOOSE, If old, is
red-footed, and full of hairs; if
whitish-footed, and not full of hairs,
it is young.

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A BROAD GOOSE, If full of hairs, when pull'd, is old; if not, it is young.

A TAME GOOSE, *scalded,* If it lie in water in a poulterer's shop, or elsewhere, rub your finger upon the breast of it; if it feel rugged or rough, it is new kill'd; but if it feel slippery or slimy, it is stale kill'd.

A TAME GOOSE, *dry-pull'd:* If red-footed, red-bill'd, and full of hairs, it is old; but if it hath a yellowish foot, and a yellowish bill, and not very hairy, you may be sure it is young.

A WILD DUCK, If fat, will feel thick and hard upon the belly; but if lean, thin and soft: and if new kill'd, it will be limber-footed; but if stale kill'd, will be dry-footed: and if it be right wild, it will be found to have a small red-dish foot.

A TAME DUCK, Must be chosen after the same manner as a Wild one, as to new or stale; but it has a thicker foot, blackish, and somewhat yellowish; but a Duck scalded, that lies in water in a poulterer's shop, or elsewhere, if new killed, is known by rubbing your finger upon the breast of it; for if it feel rough, it is new killed; but if it feel slippery, or slimy, it is a certain mark of its being stale.

TEALS, If they feel thick or hard upon the belly, then they are fat; but if they feel thin, then they are lean; and if they are dry-

footed, they are stale kill'd, but if limber-footed, new kill'd.

LAND WIDGEONS, Are to be chosen as Teals.

A PIN TAIL is almost as big as a Duck, and as good meat; and is to be chosen (as to good or bad, fat or lean, new or stale) as Ducks are.

A WATER WIDGEON is worse than a Land Widgeon a great deal; for it is very full of blood, and will eat rank, and look black, when dressed.

NUNS, Resemble Water Widgeons, in their qualities, and are also full of blood, and will eat rank, and look black when dressed.

A WHEWAR, Is like a Land Widgeon, but hath a broader bill, and is good meat.

A CURLEW, Hath a long hooked bill; if fat, it will be firm upon the belly; if lean, it will feel thin in that part; if new kill'd, it will be limber-footed.

A STONE CURLEW, Hath a short bill; but there is no great difference in the eating for goodness of meat between that and the Curlew.

An OLIVE, Is white-breasted, and black-back'd, and hath a small long red leg; it eats fishy and oily.

A STENT, Is about the bigness of a Jack-Snipe, and like bill'd, but grey-feather'd, and a little shorter; it is very bad meat.

Moor-Hens, Dyddappers, and Cootes are good for nothing but sport.

Of LAND FOWL.

A BUSTARD, Is as big as a Goose, and is the best, rarest and dearest fowl in *England*; it hath no heel, and therefore most commonly is taken with grey-

hounds; 'tis seldom bought or sold in poulterers shops, or markets, but is deemed a worthy present to persons of rank.

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A PHEASANT COCK, If young, hath a short spur; but if old, a small sharp one: observe that it be not cut or par'd. If fat, it will have a fat vein upon the side of its breast under the wing; if new, it will have a fast firm vent; but if stale kill'd, a green vent; and if you do but touch it any thing hard with your finger, it will peel. But mind the vent is not stop't with loam, dust, or any other thing, as flour, or such like.

A PHEASANT HEN, If young, hath a smooth leg, and fine smooth grain'd flesh; but if old, hath a rugged wrinkled grain'd flesh, full of hairs, like an old yard Hen; if she be full of eggs, she will have a fast but open vent, as a yard Hen hath; if not full of eggs, a close vent.

A PHEASANT POWT, Hath a fine smooth leg, and smooth-grain'd flesh: if it be green in the vent, or dry-footed, it is stale kill'd; but if limber-footed, and white in the vent, then it is new kill'd.

A HEATH COCK, If new, will be stiff and white in the vent, and limber-footed; and if fat, will be hard in the vent: if stale, it will be dry-footed, and green in the vent; and if you touch it hard with your finger in the vent, it will peel.

A HEATH-POWT, *Male*, If new, will be stiff and white in the vent, and limber-footed; if fat, it will be hard in the vent; but if stale, it will be dry-footed and green in the vent; and if you touch it hard in the vent, it will peel.

A GROWSE, Is a female Powt; but male and female are of one bigness, when pull'd; if it be new, it will be stiff and white in the vent, and limber-footed; if stale, it will have a green vent, and be dry-footed. It is greyer than the male Heath Powt.

A WOODCOCK, If fat, will feel thick and hard in the vent, and have a fat vein upon the side of the breast under the wing; but if lean, it will feel thin in the vent; if new kill'd, limber-footed; if stale, dry-footed. Have a care that it hath not got a snotty nose, or a moorish muddy throat; you may know that, by squeezing the throat.

A PARTRIDGE, If old, hath a white bill and a blueish leg; but if young, a blackish bill, and a yellowish leg; if new, it will have a fast firm vent; but if stale, a green vent, and will peel if you touch the vent hard with your finger; but you must have a care of the crop of it; for if it hath eaten green wheat, and is full-cropt, it will stink and be green in the crop.

A SNIPE, If fat, will feel thick and fat in the vent, and have a fat vein upon the side of the breast under the wing; but if lean, it will feel thin in the vent. If it be new kill'd, it will be limber-footed; if stale, dry-footed; but have a care it hath not a snotty nose, nor a moorish muddy throat.

A GREEN PLOVER, Hath no heel; and if she be new and good, will be limber-footed; if fat, she will feel thick and hard in the vent; but if lean, she will feel thin in the vent; if stale kill'd, she will be dry-footed, and will keep the longest sweet and good of any Fowl in *England*.

A GREY PLOVER, Is like a Green Plover in bigness and goodness, and is to be chosen in the same manner.

A STONE PLOVER, Is like a Grey Plover, and about the same bigness; but eateth oily and fishy.

A BASTARD PLOVER, or **A LAPENT**, Is the worst of all, being far rarer in taste, and very full

of blood, and it looks black when dressed: If fat, it will feel thick and fat in the vent; and if new, limber-footed.

A BLACK-BIRD, If thick and hard in the vent, is fat; if limber-footed, new kill'd; but if thin in the vent, and dry, then it is both stale and poor.

A FELFAIR, If thick and hard in the vent, is fat; if limber-footed, it is new-kill'd; but if thin in the vent, and dry-footed, then it is both stale and poor.

A MAVES, Is a little bigger than a Black-bird, and as good to eat: If fat, she will feel thick in the vent; and if new, limber-footed; but if poor, then she will feel thin in the vent; and if stale, dry-footed.

A FIELD LARK, Hath a long heel: If fat, she will feel thick and hard in the vent; and if new, limber-footed; but if stale, she will be dry-footed, and peel in the vent if you touch it with your finger.

A WOOD-LARK, or *Singing-Lark*, Is smaller and greyer than the Heath-Lark, and hath a long heel, like the Field-Lark.

A TIT-LARK, Is as small as a Wood-Lark, and hath a heel like the other, and many times we have them come among our Field-Larks; they are all three known by the same marks, as to good or bad, new or stale.

BUNTENS, Commonly come among the Field-Larks, and are sold with them, and for Larks; but they have not a long heel as the Lark hath; and they have a perfect tooth in the roof of their mouth, which may be felt by the finger.

A TURTLE-DOVE, For the most part is white, and has a blueish ring about its neck.

A STOCK DOVE, Is bigger than a Wood-Pigeon, and better meat a

great deal, especially if larded and roasted very well.

A RING-DOVE, Is less than a Stock-Dove, and more blueish, but nothing near so good meat.

A WOOD-PIGEON, or WOOD-QUIST, as some call it, is almost as big as a Stock-Dove, but nothing near so good meat.

A DOVE-HOUSE PIGEON, If new-kill'd, will be stiff and firm in the vent; and if stale-kill'd, limber and green in the vent; and if old, red-legged.

TAME PIGEONS, Are of divers sorts, and too well known to need further mention.

A PEACOCK, Is seldom used, except at great feasts; and then more to make a shew, than for the goodness of the meat.

A PEA HEN is very fine meat, if young; but is seldom used, except for great feasts, or the like.

A PEA-CHICKEN, Is as fine meat as any Pheasant-Powt; or rather better; if new-kill'd.

A TURKY-COCK, If young, hath a smooth blackish leg, and a short spur; but if old, a sharp spur and a red leg; if stale, he will be dry-footed; and his eyes will be sunk in his head; but if new kill'd, his eyes will stand firm in his head, as if alive.

A TURKY HEN, If old, will have a red leg, and a rugged grain; but if young, a smooth grain: If full of eggs, she is fast and opetivented; if hard vented, the contrary.

A TURKY-POWT, or CHICKEN, Is as hard to be pull'd as any fowl; but scalded, is as easy: Gentlemen are often deceived in these fowls; for large Hen-chickens with white legs are frequently sold for them; and if scalded and truss'd Turkey fashion, and Turkey sawce made to them,

them, it must be a good palate that can find it out, unless he had notice of it before.

A CAPON, If alive, will have a fat thick rump, a fat thick belly, and a fat vein under its wing on the side of its breast; and if young, it will have a short spur, and a smooth leg; but if old, a sharp spur; but have a care the spur be not cut, par'd, or scraped lesser; and if you mistrust it, press it upon the breast with your thumb; and if your thumb goes in easy, then it is young; but if hard, then it is old. If alive, have a care it be not bruised upon the breast with carriage, or have any sore, or wen about it. If it be pale about the head, and have a short comb, then it is young; but if red about the head, it is no clean Capon.

A CAPON and A CAPONET, As to good or bad, fat or lean, new or stale, are to be known alike; but a Caponet hath a shorter spur, and is tenderer and younger meat.

A PULLET, If right good, will have a smooth leg and breast, and will pinch tender upon the breast. If full of eggs, she will be open in the vent, and soft in the belly; but if not, she will be hard and small in the vent.

A COCK, I need not say, is known by its red comb and gills: If it hath a short spur, not cut, nor par'd, and fat, it is fine food.

A HEN, In *January*, will spend better than the best Capon or Pullet that can be, if young, and full of eggs; and that you may know by her soft and open vent, and by her red comb.

A CHICKEN dry-pulled, If new kill'd, will be stiff and white, and firm in the vent; but if stale kill'd, will be limber and green in the vent.

A CHICKEN scalded, When lying in water in a poulterer's shop, or elsewhere, do but rub your finger upon its breast, and if it feels rough, it is new-kill'd; but if it feel slippery and slimy, then it is stale.

A CRAM'D CHICKEN, If fat, will have a fat rump, and a fat vein upon the side of the breast, like a fat Pullet.

A SHUFFLER, Is like a Duck, but not so big, and hath a broader bill. It is fed with red and white wheat boiled; also with malt, and bullocks liver cut in small pieces.

A GODWARD, Hath a long bill like a Woodcock, and is fed with the same sort of meat as a Shuffler.

A RUFFE, Is one of the strangest Fowls that is; for you shall see a hundred of them together; and not one of them like the other. It is fed with the same sort of meat as the Godward.

A KNOT, Is lesser than a Ruffe, and is fed with the same sort of meat.

A MARREL, Is about the bigness of a Knot, and sold commonly for a Knot, to those who have no skill in them; but it is nothing near so good meat; it is grey-feathered like a Stent.

GULLS, Are a good deal bigger than Ducks. They are fed with Bullocks liver cut in small pieces. This and plenty of water will make them very fat.

HEARNS, Are fed in the same manner as Gulls.

BITTERNS, Are also fed in the same manner with bullocks liver cut in small pieces, and be sure give 'em water enough.

A PEVET, Is generally kept alive by poulterers. It is fed with liver cut in small pieces, and must have plenty of water. If fat, it will have

a fat vein upon the side of the breast under the wing.

A DOTTRELL, Is about the bigness of a Thrush, but is redder breasted, and is as fine a bird for meat as can be bought for the bigness of it. If fat, it will have a fat vein upon the side of the breast under the wing, and will feel hard, fat, and firm in the vent, stiff in the body, and limber-footed; but if stale, limber and dry-footed.

A WHEATGEAR, Is a smaller bird than a Dottrel; but as fine meat as can be eaten: If fat, it will have a fat vein upon the side of the breast under the wing, and will feel hard, fat, and firm in the vent; if new, it will be stiff in the body, and limber-footed; but if stale, dry-footed.

A QUAIL, Is a fine bird, if fat; but *French Quails* are the best, and

will feel better than our *English* ones a great deal; it is a dogged bird, and will beat itself against the cage's sides, or flutter up to the top of the cage. The best way to make Quails fat, is to keep them dry and close together, and in the dark; but be sure let them always have meat and water enough before them. They may be fed with wheat, but hemp-seed is a great deal better.

Young or Old PARTRIDGES
how to keep them alive.

Partridges are fed with wheat, or else with fresh cheese curds, and give them milk to drink; you must keep them very warm with dry straw, and keep the cold from them; for if they are kept cold and dirty, they will fall away, and die.

FOUR-FOOTED BEASTS.

How to know whether they are young or old, new-kill'd or stale; and how to cure the Distempers incident to Poultry; and other matters necessary to be known by Country Housewives, &c. in relation thereto.

A HARE, If new-kill'd, will be stiff; if large, white and clean, then she is good; if limber, she is stale-kill'd, and the flesh will have a blackish hue.

A LEVERET, If new-kill'd, will be stiff; but if stale kill'd, will be limber. If it be a right Leveret, it will have a small bone; if not, a knob on the out-side of the fore-leg near the foot; and therefore you should stroke your finger down upon the out-side of the leg, near the foot; and if you feel this small bone, or knob, it is no Leveret, but a Hare.

A CONEY, If new-kill'd, will

be stiff; but if otherwise, will be limber, and have a kind of slime upon her.

A RABBIT, If new-kill'd, will be stiff; but if otherwise, will be limber; and if it be a right Rabbit, it will have a small knot or knob upon the outside of the fore-foot, a little above the joint.

When you have kill'd a *Hare*, a *Leveret*, a *Cony*, or *Rabbit*, you must let them be thoroughly cold before you truss them up in pansiers or baskets; for if they are truss'd up hot, they will turn green and stink, and spoil presently, and particularly in the summer time.

Of the Distempers incident to Conies, Hens, and other sorts of Poultry.

Of the ROT in Conies.] The Rot, incident to Conies, is occasioned by giving them too much green meat, or gathering their greens with the dew on them; if therefore they have it but seldom, the drips of the hay you give them, will drink up that moisture so pernicious to them, and keep them sound, without danger.

Of MADNESS in Conies.] It is ingendered by corrupt blood, occasioned by the rankness of their keeping. You will know it by their wallowing and tumbling with their heels upward, and leaping in their boxes: to cure them, you must give them thistles to eat, which will answer the purpose.

Of the PIP in Poultry.] A Pip is a white thin scale growing on the tip of the tongue, and will hinder Poultry from feeding. It is easy to be discerned, and proceeds generally from drinking puddle-water, or for want of water, or eating filthy meat. The cure is, to pull off the scale with your nail, and then rub the tongue with salt.

Of the RUP in Poultry.] The Rup is a filthy bile or swelling on the rump; it will corrupt the whole body: it is ordinarily known by the staring or turning of the feathers backwards. To cure this, you must pull away the feathers, and open the sore, thrust out the core, and then wash the place with salt and water, or with brine.

Other Matters necessary to be known by Country Housewives, &c. in relation to Poultry.

Of making Hens lay soon and often.] If you feed your Hens often with toast taken out of ale, with barely

Of the FLUX in Poultry.] The Flux in Poultry comes with eating too much moist meat: The cure is, to give them peas and bran, scalded.

Of STOPPAGE in the Belly.] This is a distemper contrary to the flux, and assaults Poultry so, that they cannot move. To cure it, you must anoint the vents, and then give them small bits of bread, or corn, steep'd in urine.

Of LICE in Poultry.] If your Poultry be much troubled with Lice; as it is common, proceeding from corrupt food, or want of bathing or fluttering in sand, ashes, or such-like; take pepper small beaten, and mixing it with warm water, wash your Poultry therein, and it will kill all sorts of vermin.

Of Poultry stung with any venomous worms, or other poisonous thing.] This you may perceive by their lowring and swelling; in which case anoint them with Rue and Butter mixt together.

Of SORE EYES in Poultry.] In this case take a leat or two of Ground-Ivy; and chewing it well in your mouth, suck out the juice, and spit it into the sore eye, and it will assuredly heal it, as hath been often tried.

Of Hens that eat their eggs.] Lay in your nest a piece of chalk, cut like an egg, at which the hen will often be pecking; and losing her labour, she will refrain the thing.

boil'd, or fishes, they will lay often and all the winter.

How to make a Capon lead Chickens.] A Capon will lead Chickens, Ducklings, young Turkeys, Peahens, Pheasants, or Partridges, naturally and kindly; and by reason of the largeness of his body, will brood, or cover easily thirty or forty; he will lead him forth safely, and defend them from Kites, or Buzzards, better than the Hens. The way to make him take the charge, is with a fine small bryer, or else sharp nettles, at night, sting all his breast, and nether parts, and then in the dark set the chickens under him; the warmth or heat taketh away the smart, so he will fall

much in love with them; and whensoever he proveth unkind, you must sting him again, and this will make him never forsake them.

Of FEEDING and CRAMMING Capons.] The best way to cram a Capon, is to take barley-meal reasonably sifted, and mix it with new milk; make it into a good stiff dough-paste; then make it into long crams, or rowls, biggest in the midst, small at both ends, and wetting them in luke-warm milk, give the Capon a full gorge, three times a day, morning, noon, and night, and he will in two or three weeks be very fat.

How to feed and manage all sorts of BIRDS, to make them in good plight for the Table.

Of feeding the Partridge, Pheasant, and Quail.] These three are the most dainty of all other Birds: The Pheasant and Partridge you may feed both in one room, where you may have little boxes for them to run and hide themselves in the corners of the room: in the middle of the room you must have three Wheat-sheaves, two with their ears upwards, and one with the ears downward, and near unto them shallow tubs with water, that they may easily drink out of, and peck the ears of corn at pleasure; by this manner of feeding of them you shall have them as fat as is possible. As for Quails, the best feeding of them is in long flat shallow boxes, each box able to hold two or three dozen, the foremost side being set with round pins so thick that the Quail can but put out her head; before the open side set one trough full of Wheat, another with Hemp-seed, and another with Water, by which means in two or three weeks you will have them exceeding fat.

Of feeding Godwites, Knots, Ruffs, or Curlews.] To feed any of these Fowls, which are esteemed very dainty, and always fetch a good price, give them good Childer-wheat and water, morning, noon, and night, which will do it effectually; but if you intend to have them extraordinary, and will cram them, you must take the finest drest Wheat-meal, and mixing it with milk, make it into paste, and as you knead it, sprinkle into it the grains of small wheat till the paste be fully mixt therewith; then make little crams thereof, and dipping them in water, give to every Fowl according to his bigness, till their gorges be well fill'd; do this as often as you shall find their gorge empty, and in a fortnight they will be exceeding fat. With these crams you may feed any Fowl, of what kind and nature soever.

How to feed Black-birds, Thrushes, Felsairs, or any other small Birds.] If these birds are taken wild and old, it is good to have some of their kind

Butchers Meat. *The Complete CATERER.*

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kind tame, to mix among them; and putting them into a great cage, three or four yards square, place therein divers troughs, some fill'd with Haws, some with Hemp-seed, and some with water; the tame will soon teach the wild to eat, so that they will in twelve or fourteen days grow exceeding fat, and fit for the use of the kitchen.

A STARLING is one of the

worst Birds for the table, for it will eat bitter; but to keep alive, it is one of the best Birds to talk or whistle. There are two sorts of them, a Field-Starling, which breeds in a tree, and a House-Starling, which breeds in chambers, or in houses. A Cock-Starling hath a white throat, and a black streak underneath his tongue, which the Hen hath not.

Directions to know good BUTCHERS MEAT.

HAVING thus given Directions how to avoid being imposed upon in the choice of Poultry, as to old and young, new and stale, &c. we shall now give General Instructions to the Housekeeper or Caterer, how to chuse the best Provisions of the respective kinds of Butchers meat, Venison, &c. : And first,

How to know good BEEF.] Right Ox Beef will have an open grain; the fat, if young, of a crumbling, or oily softness, neither tough nor spongy, except the Brisket and Neck-pieces, and those parts which are very fibrous: the lean is of a pleasant carnation red, and the fat rather white than yellow. Cow Beef is of a closer grain, less boned, and of rather less colour, the fat whiter, and tender; if it be young, easily dents with your finger, but presently rises again. Bull Beef is of a more dusky red, closer and firmer than either Ox or Cow Beef, and harder to be dented with the finger, and suddenly rising again upon the least touch when it is so dented; the flesh brawney, the fat gross, very fibrous, hard to melt, and of a strong smell. There are but few signs to judge of the newness or staleness; only when new, it will be of a lively fresh colour; and when stale, of a darkish dull colour; but when the meat is cut in pieces where the

veins may be discern'd, observe as shall be presently shewn in Lamb and Veal.

When Beef has been over-drove, there will, upon pressing it hard, issue out a red juice from the veins, which will tincture your fingers, and it will also have a strong smell, like Bull Beef. If you should happen at any time to buy either of these to salt, make a strong brine-pickle, boil'd and well scumm'd, and put the Beef into it, when cold, for 24 hours; then take it out, and salt it with dry salt.

To know MUTTON, whether young or old, new or stale.] If Mutton be young, the flesh will pinch up tender, and presently fall down again; but if old, it will wrinkle, and continue so; if young, the fat will easily part, but if old, will stick faster, it being skinny and fibrous: but to try effectually, put some of it on a plate over a candle, or a gentle fire; and if it melt presently, it is young; but if it hisses

or

or melt slowly, it is old, or else *Ram Mutton*, which is also known by the closeness of the grain, and the deep redness and toughness of the flesh. *Ewe Mutton* is known by being more loose and pale than the flesh of Weathers: but the colour and firmness does in a great measure depend upon the different sorts of feedings. If the flesh is palish, the fat of a faint white, inclining to yellow, it is a certain sign of a rot. You may judge of the newness or staleness of it in the same manner as in the directions for Veal or Lamb.

To know Good or Bad LAMB.] When you would buy a Fore-quarter of Lamb, cast your eye on the vein in the neck, and if it look of a yellowish hue, tho' the meat smell well at that time, yet it is about tainting, and will not keep good till the next day, if the weather be warm; and if it is greenish, it is already tainted: but if it look ruddy, or of a blueish colour, then it has not been long killed. If you buy a Hind-quarter, smell under the kidney, and try whether the joint of the knuckle be limber or stiff; and if there be a faint or ill scent in the one place, and (except it be killed when the creature is hot) an unusual limberness in the other, it is not for your purpose, unless you dress it immediately, and your price ought to be accordingly.

To know Good or Bad VEAL.] If the vein in the Shoulder appear as in Lamb, you by the same rule may chuse or refuse it; and also, if it is clammy and grows more than usual limber and soft, or if any spots of greenness appear about it, then it is tainting, or already tainted: it will smell musty, if wrapt in wet cloths. The Loin first taints under

the kidney; the Neck and Breast at the upper end, first shewing a faint yellow, and afterward a dusky green, which is the worst symptom of tainting. The Leg is known to be good or bad, by the liveliness or changing of such veins, or the small streaks that appear in it, according to the former directions, as clamminess, &c. The flesh of a Bull-Calf is redder, and of a firmer grain than that of a Cow-Calf, and the fat more curdling.

To know Good and Bad PORK and BRAWN.] If you see little kernels in the fat of the pork, like small peas, then you may conclude it to be measly, and not wholesome. If the lean break, and feel soft and oily when it is pinched with the fingers, then it is young; as also if you can nip the skin with your nails, and the fat is soft and pulpy, like lard, you may know it is young; but when old, the lean will be tough, the fat very rough, spongy, and will not expand well between the finger and thumb, and the skin will be stubborn: these signs are likewise in the flesh of a pigging Sow, especially if the flesh be extraordinary flabby, and the skin crinkled. But if it is the flesh of a Boar, or a Hog gelt at full growth, then it will smell rammish, look redder than ordinary, or at least of a dusky red, and the fat and lean will feel harder and tougher than usual; the skin will be thicker, and not easily pinch'd up; and when it is, it will presently fall again. If you would know whether it be new or stale, try the legs and hands, or springs, at the bone that comes out of the middle of the fleshy part, by putting in your finger, and smelling to it, for it taints first in that place; the skin will also be sweaty and clammy,

my, when stale; but smooth and cool, when new; and in like manner you must judge of the rest.

BRAWN is known to be old or young, by the extraordinary or moderate thickness of the rind, and the hardness or softness of it. The best is made of a Barrow, gilt when it is about 9 or 10 months old, and killed when it is about two years old.

To know Good and Bad VENISON.] To try the Haunches and Shoulders, put the knife as directed in the next Article for Hams; and if it have a good scent, there is no danger but it may spend well; and for other parts, observe the colouring of the flesh; if stale, it will look black, with some yellowish or greenish specks; if it be old, the flesh will be tough and hard, the fat more contracted and of a skinny substance; the claws (if you can see them) will be large and broad spreading in the clefts, with a deep cleft; the heel horny and much worn; the gristles dry; and upon breaking the bone, you will find the marrow much spent.

To know the Defects of dried HAMS, and other BACON.] To

discover the defects in Hams, take a sharp-pointed knife, and run it under the bone in the inside of the Ham, about the middle; and quickly drawing it out, smell to it; and if it has a relishing flavour, and come out with little dawbing, then the Ham is good and sweet; but if it smell rank, and the knife be much clouded, and the vent it made cast a Hogo, then it is tainted; or if the fat, when it is cut, be firm, and well scented and white, it is a sign the Ham is good; but if loose and yellow, or of a rusty colour, it is not good; but if not already tainted will be so in a short time. You may try a Gammon of Bacon in the same manner, and if the flesh stick close to the bones, and the fat to the lean, it is good; but if not, it is a sign the Hog was diseased, or it is inclining to be bad. When Bacon is rusty, it will be of a murrey colour in the extreme parts of the fat next the rind; the lean will be hard and pale, and sometimes of a dark dirty colour. If Bacon gives much in moist weather, and is flabby and soft, then it has not been well salted and dried; and therefore must be quickly used, or it will grow naught.

To know most sorts of FISH, whether new or stale, &c.

STURGEON.] If this fish be not well cured, it will never have its true goodness. To know this, cut it with a sharp knife; and if it crumble or shiver, and feel rough and brittle between your finger and thumb, it is not for your turn; but if it be good, it will be a little tough, and squeeze oily out, in a manner like wax, look white, and in some places have blue streaks or veins, the skin limber, feeling fat underneath, and emit a pleasant scent.

Boil'd SALMON.] If the scales are bright and shining, of a light azure colour, the skin, when press'd down, rising again quickly, the flesh of a blushing colour, the flakes parting kindly, and large, without breaking, feel oily and moist between your fingers, and of a pleasant scent, then it is good, and has not been made up again when damaged: But if the scales be cloudy, dark, easily slip off the skin, rough and stubborn, the flakes short, dry and

and brittle, then is the goodness gone from it, and is either decay'd fish, or has been recovered by pickle after damage.

Turbots, Cod, Fresh Salmon, Carp, Pike, Bream, Roch, Trout, Grayling, Ruff, Chub, Tench, Eel, Barbel, Whiting, Smelts, &c.] These and all such-like fish when dead, if new, will be stiff, and their eyes well standing, of a lively colour for a time; but when they begin to taint, the r own cold, slimy substance makes them limber, and the moisture falling from the brain, renders the eyes more dull to appearance, and, as it were, shrinking or sinking; their fins, tho' often wetted by the fishmongers to prevent it, will however crumple: shewing signs of approaching putrefaction, if not already tainted.

Those that are by nature red about the gills, have a peculiar mark besides all these; for the lively colour, as they grow stale, will fade, and become paler and paler, to a deadish colour: And by these rules you may generally make your judgment of all kinds of fish.

LOBSTERS.] The Cock is usually smaller than the Hen, and of a deeper red, when boiled; neither has it any spawn or seed under its tail.

To know whether these be new or stale, unbind the tail, and if it be stiff in opening, and snap to again, then it is new; but if limber and flagging, it is stale: If new, it has a pleasant scent at that part of the tail which joins to the body; if stale, a rammish, faint scent. If it is spent, a white scurf will issue out among the roots of the small legs, and at the mouth. To see whether it is full, open it with the point of a knife, on the bend of the tail, as it is tied down; and if

it fill the shell there, and be red, hard, and pleasant scented, it is good; but if sinking and soft, it is spent and wasted; for the fishmonger, to deceive the ignorant buyer, will only open them at the extreme part of the tail; and tho' they be wasted, they will appear well enough there. If you suspect the claws filled with water, to make them weighty, as sometimes they do, pull out a plug you will find there, and the water will gush out.

CRAB-FISH, Great and Small.] If stale, the joints of their claws will be limber, the colour of their shells of a dusky red, and an ill scent just under the throat; their eyes will be very loose, turn any way with the tip of your finger, and sink inward.

PRAWNS and SHRIMPS.] If new, they will be hard and stiff, cast a pleasant scent, and their tails turn strongly inward; but if stale, then limber, and will fade in their colour, scent faintly, and will feel clammy, unless in that to deceive you they have new-washed them; however, if they have, you may know it by their limberness and colour.

SALT COD, and OLD LING,] Are known to be good, when the flakes rise well and oily, the bone parts clean from the flesh, and they are of a bright, natural colour, and good scent; but they are bad when they break short, are hard and dry, change colour, the bone dry and discolour'd, the skin rough, and sticking close, not well to be stirred or removed.

PICKLED HERRINGS, and PILCHARDS.] Open the back; if the flesh be soft and mellow, kindly parting from the bone, comes out in long flakes, the bone white, and somewhat inclining to a light red, then

then are they new and good; but if the flesh stick to the bone, be brittle and rough, the bone of a yellowish, blackish, or murrey colour, they are rusty, and of little worth.

RED HERRINGS.] If they carry a good gloss, and the flesh part kindly from the bone, and they be of a light, bright colour, they are good; but the contrary shews them decayed or rusty.

FRESH HERRINGS, and MAY-CRIL.] Their newness or staleness is known by their keeping or losing their lively shining redness on their gills; for a deadish, fading colour, the frog within their gills turning dusky or blackish, with an ill scent, their fins crimpling and limber, and their eyes looking dry and dull, shew that they are stale, whereas the contrary denotes them new.

PLAICE, or FLOUNDERS.] If they be alive, this scrutiny needs not; but if the contrary, see if their eyes are any ways sunk, or look very dull; if they be limber, and have an unusual cold, clammy slime upon them, then are they stale; but if they be stiff, their eyes clear and moderately dry, their fins stiff, and not crimpling or shriveling together, it is a sign of newness, or that they have not long been dead.

To distinguish these the one from the other, they being much alike in shape, observe these directions.

The *Plaice* has red or orange-colour'd spots on her back, her fins more spreading, of a tawnyish or brown colour on the back, and a more earthy white belly, her mouth standing, as it were, more awry.

The *Flounder* is dusky, or cloudy on the back, without spots, thicker, and more compacted, and a kind of an azurish white belly.

MAIDS and THORNBACK.] The staleness appears in these, by their eyes beginning to sink, and look dull, their flesh feeling flabby, and a slimy matter coming from their vent, their lips beginning to hang, and the corners of their mouths to be corrupted: But when no such bad signs appear, they may well enough pass for new.

These fish are held to be one and the same in kind; but the Maid growing old, has thorns or prickles growing out upon her back, and is from thence called a Thornback.

ANCHOVIES.] Open the cork in the middle of the head of the barrel, put in your little finger, and taste the pickle; if it tastes mellow, has a good relish, and looks of a dusky red, then it is the natural pickle, and they may prove well; but if it be whitish, watery, rough, and very brackish, it signifies new pickle has been put to them. But to try the fish, open the backs of two or three of them; and if the flesh be of a pleasant red, soft and mellow, the bone moist and oily, the flesh easily parting to good lengths, without breaking, then are they good; but if it be stiff, brittle, of a dusky colour, the bone dry and of a whitish yellow, or blackish, then they are decayed, or have been rusty, and artificially recovered, and consequently naught.

To preserve Fish a while when near rainting.] This is meant of fresh fish: The best way to do it, if they are not too far gone, is, Take out their guts, but do not wet them with water; then sprinkle them within and without with salt, and lay them in rows, on flags or rushes, in a cool, dry cellar, but suffer them not to touch one another; then cover them with Hyssop, or Winter-savoury, and so they will keep 24 hours

hours pretty well, the herbs drawing the scent from them, and the rushes the moisture and slime; but they will afterwards be better boiled

or baked, than fry'd, stew'd, or roasted, unless they are stew'd with spice and wine.

How to buy Butter and Eggs, and chuse good Cheese and Bread.

IF you are to buy Butter, especially of Higglers or Carriers, or of such as you suspect they have sold it to, take not the taste they give you, but taste it yourself at a venture, lest a well-tasted and scented piece may be purposely placed in the pound to deceive you; for when salt Butter is rank and decay'd, they work it up with water, and make fresh Butter of it, such as is sometimes cry'd about for four pence-halfpenny a pound; for the water, by much working, takes out the saltness, and much of the rank scent; but then the strength and nourishing part is lost, and in melting it turns to a faint oil, or wheyish substance, not fit for use. Salt Butter is better scented than tasted, by clapping a knife into it, and presently putting it to your nose: If it be a cask, trust not the top only, for that may be purposely packed; but unhoop it to the middle, and thrust your knife there through the crevice of the staves; and so you may be too hard for the deceiver.

Eggs are sometimes brought by sea, and sometimes far by land, and consequently long in coming, and so grow naught. To know this, if you have not the opportunity of a candle, hold them up against the sun; and if the white appears of a muddy or cloudy colour, and the yolk lies not round, or is broken in any, then are they naught; but if they be clear and fair, then they are good. If you have none of these

advantages, you may inform yourself by shaking them; and if they swag much, they are wasted, and perhaps their yolks are broke, and they addled; tho' some new eggs will shake a little, but not squash so as you can hear the shaking to any purpose. The best way to keep them long, is in Bran, or Meal, tho' some do it in sand.

How to judge of good CHEESE and BREAD. I shall say little of these, because every one loves to please his palate herein; tho' if the larger sorts of cheese be very rough-coated, dry, and rough or rugged, as if worm-tracks appeared, beware of weavels, little worms, or mites in it: If it be over-moist and spongy, 'tis subject to maggots; two defects proceeding from ill making. If you see any soft or perish'd places on the outsides, try them with a cheese iron, or scoop, to know how far they go, that you may know what you buy.

If among your Bread you find little knots or knobs, old bread has been mash'd with it. If your bread tastes sweet, it has been made of grown corn, and will soon be musty: If it be gritty or rough, then is it made of smutty or washed corn, that has lost much of its virtue and nourishing quality, by washing, drying on kilns, and the like: If rye be mix'd among wheat, the bread will be more moist, and of a sad colour, and any reasonable palate may taste and discern it:



AS Apples, Pears, Quinces, Nectarines, Peaches, and other sorts of fruit contribute so large a share to the *Pastry*, and the *Desert*; our Readers will doubtless be well pleased with the following useful Article.

The MYSTERY of the FRUITERERS;

CONTAINING

The most approved ways to gather, keep, and order divers sorts of FRUIT and BERRIES, to have them sound, and with their natural Scent and Taste, in all Seasons of the Year.

Of gathering Fruit in Season, &c.

IN gathering Fruit in season, if you design them to be long lasting and unperished, there ought to be great care taken: Wherefore in general, for all Fruits growing on Standard trees, you must have such a ladder as may bear lightly on the boughs, so as not to endanger their breaking, and bruising the Fruit.

Gather your Fruit by the stalks, to prevent bruising of them; do it when they are well ripening, but not over-ripe; and have a basket to put them in, with a hook to hang on the round of the ladder, or some convenient boughs, laying fern or nettles in the bottom, to keep 'em from pressing by their weight too hard; lay them gently in, and as gently out into the Receiver, and never proceed to gather them in a wet day, nor so early in the morning as that the sun has not time to draw up the moisture from them, lest the dampness soon perish them; and where fruit, especially Stone-fruit, is not all ripe at once, gather them as they ripen, and so those that remain (having the greater advantage of the sap) may ripen the kinder, and grow larger: Gather

those that have no stalk to hold by, with a tender hand; lay them not on heaps, but singly on nettles, or some such weeds not offensive in smell; and they will not only perfect their ripeness, but sweat out their superfluity, and be sweeter in taste. Keep them in dry places; and if the weather be hot, let the cool North, East, or West winds breathe on them, by the opening of windows, or other conveniencies, in clear, dry days.

To know whether Pears or Apples be ripe, gather one from the middle of the tree, cut it in the middle, and if there be a great hollowiness, and the kernels seem loose, they are of a sufficient ripeness.

Apricots, Nectarines, and such-like, are known in ripeness by the stones easily parting from the fruit, and growing of a dusky colour. As for other things, your judgment will direct you, by seeing, handling, smelling, and tasting.

When you gather Quinces, rub off gently the woolliness, pack them in straw, and in a dry cask, with a layer of straw between each layer of fruit; for they are very subject to mouldiness and rotting upon the least contracted moisture, and must be

be placed at a distance from other fruit, because their scent is offensive to them.

If you gather Medlars, or Services, you must do it before they are ripe, just when they are turned brown; and by laying the first in straw, thinly, and hanging the other upon lines in bunches, they will kindly ripen of themselves.

As for your winter apples, it is proper to gather them without the stalks, because the stalks will soonest perish and wither.

How to stow and order Fruit, the better to keep them sound and long in the Fruit-loft, or Ware-house.

1. Your Winter-fruit, in this case, must not be too hot nor too cold, too close nor too open, but removed from all offensive smells; for if any be near them, they will be apt to attract it, and spoil their taste, also it will corrupt them.

2. The proper place to stow 'em in, is a low room or cellar, clean and sweet, either paved or boarded, but not too stifling or close; and into these it will be proper to lay or shift your Winter-fruit at *Christmas*; and with shifting and airing at convenient times, you may let them continue there till the middle of *March*, stopping in extreme frosty weather all the crevices with a little straw, to keep out the frost and bleak winds.

3. When the warm air returns, brought by the influence of the sun, if you find any considerable defect among your Fruit, remove them from these close places to airy, lightsome, ceiled rooms, giving them fresh straw, and leaving a window open in all clear, dry days, letting in the sun-beams as much as may be. Observe, that when you

have placed your Fruit in cellars there be no damp, sweaty walls; for they will cast a mouldiness, and that will bring a specking, and total rot in time among them; beside, it much abates the natural taste and scent of those that remain sound; and thus you may order them till *Michaelmas*. Some sorts of fruit there are that rarely last beyond *Allhallow-tide*; but by this management they have been kept much longer well condition'd.

To rub them over with the juice of *Spear-mint*, but not to let the moisture long continue on them, is a great preserver of Winter-fruit.

4. Those that are earliest subject to decay, it is proper they should be laid by themselves: Those that usually continue till *Christmas*, by their-selves: Those that usually continue till *Shrove-tide* by their-selves; and *Pearmaigs*, *John-Apples*, *Pippins*, and *Winter-Russettings*, which last all the year, are proper to be laid by themselves.

5. As for Pears, they keep very long, many of them all the year; as, the *Winter-Bon-Chrestien*, the *Great Kareville*, the *Black pear of Worcester*, the *Blossom-pear*, &c.

6. There are other apples than what I have named, that may be managed to keep till new ones come again; viz. the *Golden-Ducat*, the *Bon-Pearmain*, the *Reneting*, and many more I might name; but they being well known to those who deal in fruit, for brevities sake I omit.

7. As for those that are speck'd, take them away, and dispose of them whilst a good part remains sound, lest they infect the rest. Put no fallings among lasting fruit, but rather make *Cyder*, *Perry*, *Pies*, *Tarts*, &c. of them, which will turn to a greater advantage. You need

need not turn the most lasting fruit, unless you see great occasion, till *Christmas*, and then shift their straw, if it be any-ways damp; however, turn it well, and lay it hollow; then you may let them remain till *Whitsunside*, and ever observe in your turning, to lay your heap lower and lower: But observe, never to handle any in a great frost, but those you take for present use, unless they lie in a very warm cellar; nor for a time afterward, because at any considerable thaw their giving and dampness makes them soft, and the least bruise will subject them to rot: also in great rains; or exceeding damp airs, forbear to meddle with them; yet set open the windows, if the weather be warm, to air them.

8. Whether you are to carry them by water, or by land, observe you do it not in frosty weather, nor in *March*, when the winds are sharp and high; nor in the extreme heat of summer; but in moderate weather; and they will be the longer lasting.

To keep Grapes, Goosberries, Apricots, Peaches, Nectarines, Cherries, Currans, and Plums, the whole Year.

Take fine dry sand, that has little or no saltiness in it; make it as dry as possible, with often turning in the sun; gather your fruits when they are just ripening, or coming something near ripeness; dip the ends of their stalks in melted pitch, or bees wax; and having a large box, to shut down with a close lid, dry your fruit in the sun a little, to take away the superfluous moisture, and lightly spread a laying of sand in the bottom of the box, and a laying of fruit on it, but not too near each other; then scatter sand,

with much evenness, about an inch thick over them, and so another laying, till the box be full; then shut the lid down close, that the air may not penetrate; and always, as you take out any, lay them even again; and so you will have them fit for Tarts, or other uses, till new ones come again; and if they are a little wrinkled, wash them in warm water, and it will plump them up again. You may use Millet, instead of sand, if you think it convenient.

To keep Figs and Stone-fruit sound, and fit for use, all the year.

Take a large earthen pot, put the fruit into it in layings, their own leaves being between them; then boil up water and honey, scumming it till no more will rise; but make it not too thick of the honey, and pour it in warm to them; stop up the vessel close; and when you take them out for use, put them two hours in warm water, and they will have in a great measure their natural taste.

To keep Strawberries, Rasberries, Currans, Goosberries, and Mulberries.

Take new stone-bottles, air them well in the sun, or by a fire; dry your fruit from superfluous moisture, to prevent its sweating; take off the stalks, and put them into the empty bottles, by a fire, that may draw out as much of the air as may be; then suddenly cork them up, and tie down the corks with wires; let the corks be sound, and not any ways visibly porous; for if they be, the air will come in abundantly, and corrupt the fruit; then in a moderately cool place cover the bottles with sand, laying them sideways, and the closeness will preserve them.

Some Observations in buying Fruits, English and Foreign.

AS for Cherries, Strawberries, Apricots, Plums, Currans, Gooseberries, Mulberries, Malacatoons, or the several sorts of Peaches, or any such-like fruits, your taste, feeling, and eye, will inform you whether they are ripe, under-ripe, or over-ripe; some delighting in them in one condition, and some in another: But my purpose reaches farther, which is to prevent your buying perish'd, prick'd, or musty fruit, which may yet bear a fair outside, and deceive you.

If you doubt Pears, whether sound or not, tho' they may feel well; pull at the stalk, and if it comes out easily, with the spires belonging to it, and they look of a rusty, darkish colour, then is the Pear perishing at the core.

In Apples, tho' outwardly appearing firm, if there be a speck where the stalk grew, the core is perishing, and they will not long keep, if they be not already decay'd. And the like observe by Quinces, at either

end, either the stalk-place, or the blossom-end; for either of these two places being speck'd or tainted, they are more dangerous than any speck, tho' much larger, in another place, because they putrify to the heart or centre. Mustiness in these fruits is discerned by their roughness, and deadish or palish colour, to what in their lively condition they seem.

Oranges and Lemons, whether dry, or full of juice, are known by their weight; their goodness by their perfection of colour: if they be prick'd, they will be soft, and some spots appear, or bruised places; then they are for the most part black at heart, and perishing.

Pomgranates are known to be full or empty, by their rattling, or not rattling; their goodness by the redness of their berries or seeds.

As for *ROOTS, HERBS, FLOWERS*, &c. it is unnecessary to give an account of them, they being so well and commonly known to the buyer.



TERMS of ART in CARVING.

BArbel to tusk
 Bittern, to disjoint
 Brawn, to leach
 Bream, to splay
 Bustard, to cut up
 Brew, to untach
 Capon, to souce
 Chevin, to fin
 Chicken, to frush
 Coney, to unlace
 Crab, to tame
 Crane, to display
 Curlew, to untach
 Deer, to break

Eel, to tranfon
 Egg, to tire
 Flounder, to sauce
 Goose, to rear
 Haddock, to side
 Hen, to spoil
 Hern, to dismember
 Lamprey, to string
 Lobster, to barb
 Mallard, to unbrace
 Partridge, to wing
 Pasty, to border
 Peacock, to disfigure

Pheasant, to allay
 Pigeon, to thigh
 Pike, to splat
 Plover, to mince
 Quail, to wing
 Salmon, to chine
 Small Birds, to thigh
 Sturgeon, to tranch
 Swan, to lift
 Tench, to sauce
 Trout, to culpon
 Turkey, to cut up
 Woodcock, to thigh.

INSTRUCTIONS for CARVING, according to
the foregoing Terms of Art.

To unjoint a Bittern.] Raise the wings and legs as a Hern, which see, and use no other sauce but salt.

To cut up a Bustard.] See Turkey.

To sauce a Capon.] Lift up the right leg, and so array forth, and lay in the platter; serve your Chickens in the same manner, and sauce them with green sauce, or verjuice.

To unlace a Coney.] Turn the back downward, and cut the flaps or apron from the belly or kidney; then put in your knife between the kidneys, and loosen the flesh from the bone on each side; then turn the belly downward, and cut the back a-cross between the wings, drawing your knife down on each side the back bone, dividing the legs and sides from the back: pull not the leg too hard, when you open the side, from the bone, but with your hand and knife neatly lay open both sides from the scut to the shoulder; then lay the legs close together.

To display a Crane.] Unfold his legs, then cut off his wings by the joints; after this take up his legs and wings, and sauce them with vinegar, salt, mustard, and powder'd ginger.

To unbrace a Duck, or Mallard.] Raise up the Pinions and Legs, but take them not off, and raise the merry-thought from the breast; then lace it down each side of the breast with your knife, wriggling your knife to-and-fro, that the furrows may lie in and out. After

the same manner unbrace a Mallard.

To rear a Goose.] Take off both legs fair, like shoulders of lamb; then cut off the belly-piece round close to the end of the breast; then lace your Goose down on both sides of the breast half an inch from the sharp bone; then take off the pinion on each side, and the flesh which you first laced with your knife; then raise it up clean from the bone, and take it off with the pinion from the body; then cut up the merry-thought; then cut from the breast-bone another slice of flesh, quite through; then turn up your carcase, and cut it afunder, the back-bones above the loin-bones; then take the Rump end of the back bone, and lay it in a dish, with the skinny side upwards; lay at the fore-end of it the merry-thought, with the skinny side upwards, and before that the apron of the Goose; then lay the pinions on each side contrary, set the legs on each side contrary behind them, that the bone-ends of the legs may stand up cross in the middle of the dish, and the wing-pinions may come on the outside of them; put the long slice, which you cut from the breast-bone, under the wing-pinions on each side, and let the ends meet under the leg-bones, and let the other ends lie cut in the dish betwixt the leg and the pinion; then pour in your sauce under the meat, throw on salt, and serve it to table.

To dismember a Hern.] Take off both the legs, and lace it down the breast

breast on both sides with your knife, and open the breast-pinion, but take it not off; then raise up the merry-thought between the breast-bone, and the top of it; then raise up the brawn; then turn it outward upon both sides, but break it not, nor cut it off; then cut off the wing-pinions at the joint, next the body, and stick in each side the pinion in the place you turn'd the brawn out; but cut off the sharp end of the pinion, and take the middle piece, and that will just fit in the place. You may cut up a Capon or Pheasant the same way.

To unbrace a Mallard.] This is done the same way as to unbrace a Duck; which see.

To wing a Partridge.] Raise the legs and wings, and sauce them with wine, powder'd ginger, and a little salt.

To allay a Pheasant.] Do this as you do a Partridge, but use no other sauce but salt.

To wing a Quail.] Do this the same way as you do a Partridge.

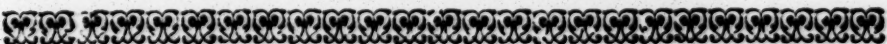
To lift a Swan.] Slit the Swan down in the middle of the breast, and so clean through the back, from the neck to the rump; then part it in two halves, but do not break or tear the flesh; then lay the

two halves in a charger, with the slit sides downwards, throw salt upon it; set it again upon the table; let the sauce be chaldron, and serve it in saucers.

To break a Teal.] Do this the same way as you do a Pheasant.

To cut up a Turkey.] Raise up the leg fairly, and open the joint with the point of your knife, but take not off the leg; then with your knife lace down both sides of the breast, and open the breast-pinion, but do not take it off; then raise the merry-thought betwixt the breast-bone, and the top of it; then raise up the brawn; then turn it outward upon both sides, but break it not, nor cut it off; then cut off the wing-pinions at the joint next the body, and stick each pinion in the place you turned the brawn out; but cut off the sharp end of the pinion, and take the middle piece, and that will just fit in the place. You may cut up a Bustard, a Capon, or a Pheasant, the same way.

To thigh a Woodcock.] Raise the wings and legs as you do a Hen, only lay the head open for the brains; and as you thigh a Hen, so you must a Curlew, Plover, or Snipe, excepting that you have no other sauce but salt.



A BILL of FARE, for every Month in the Year.

JANUARY.

First Course.

SOUPS of Pease, Gravy, Herb, Fish, Vermicelli, &c.

Fish; as Bisque of Fish, Carp, Soles, or Tench stew'd, Turbot, Flounders, Plaice, Cod, Thornback, or Scate, boil'd, &c. Whittings broil'd or boil'd

Bacon or pickled Pork, and Fowls and Greens in one dish

Calf's head, or Knuckle of Veal, and Bacon and Greens

Collar of Brawn

Leg of Pork boil'd with Turneps, and Pease Pudden

Leg of Lamb and Spinach

Brisket of Beef stew'd

Ache-bone of Beef, or Rump, either boil'd

boil'd with Greens, or roasted with Horse-radish, &c.
 Turkey and Chine
 Neats Tongue and Udder
 Pullets roasted, and Eggs
 Veal, roasted, ragou'd, boiled, &c.
Pastry; as, Puddens and Pyes of various Sorts, Pancakes, Fritters, minc'd Pyes
 Scots Collops
 Brocoli, Asparagus, Spinach, Cabbage-Sprouts, Coleworts, Cabbages, Savoy; Red and White Beets, Carrots, Potatoes, Horse-radish, Onions, Parsnips, Turneps, Leeks, Thyme, Sage, Parsley, Celery, Endive, Winter Savoury, &c. are Garden stuff, to be had in this Month, as well as in the succeeding Spring Months.

Second Course.

Poultry; as, Wild Fowl of all sorts, Goose or Turkey, Chickens roasted with Asparagus
Fish; as, Jowl of Sturgeon, Marinated Fish
 Roast Beef with Greens, or Horse-radish
 Quarter of Lamb
 Hare roasted, with a Pudden
 Chine of Mutton roasted, with Pickles
 Pig roasted, or collar'd
 Calf's Head, or Hog's Head roasted
 Dry'd Tongues
Pastry; as, Butter'd Apple-pyes, hot, Lamb and other Pyes
Fruits of all Sorts; or Sweet-meats.

F E B R U A R Y.

First Course.

Soups of different sorts
Poultry; as, Hen, or Turkey, with Oyster sauce, or Eggs
Fish; as, Turbot, Cod's head, &c. boil'd; Tench, Carp, &c. stew'd;

Pike roasted, with a Pudden in its belly; Whitings, Plaif, Flounders, boil'd or broil'd; Eels spitchcock'd, or broil'd, or boil'd
 Salt Fish and Eggs, or Parsnips
 Salmagundy
 Scots Collops
 Ham and Chickens, with Sprouts, or Brocoli, Lupines, &c.
 Beef Marrow-bones, and black Puddens
 Chine of Mutton and Caper sauce
 Marrow and other Puddens

Second Course.

Poultry; as, Chickens and Asparagus, roasted Partridges, or Quails, Squab Pigeons, Young Rabbits roasted or fricas'y'd; Turkey
Fish; as, Sole, Flounder, Lobster, Sturgeon, &c.
Pastry; as, Tarts, Cheese-cakes, Pear-pye and Cream, hot Butter'd Apple-pye, &c.
Sweetmeats
Fruits of all Sorts.

M A R C H.

First Course.

Soup of Gravy, Herbs, Fish, Pease, &c.
Fish of all sorts, either fry'd, broil'd, stew'd, or boil'd; as, Carp, Tench, Turbot, Mulllets, &c.
 Neats Tongue and Udder, with Greens, Roots, &c.
 Stew'd Veal
 Knuckle of Veal boil'd with Greens
 Ham and Chickens, or Pigeons
 Ache-bone, or Buttock of Beef, with Greens and Roots
 Ache-bone, or Rump, or Sir-loin, or Ribs of Beef roasted, with Pickles, Horse-radish, &c.
Pastry; as, Marrow Puddens, Hogs Puddens, Almond Puddens, Bataalia, and other Pyes

Second Course.

Poultry; as, Chickens and Asparagus, Knots, Ruffs, Reeves, or Ducklings, Quails

Fish; as, Broiled Pike, Salmagundy

Pastry; as, *Skerret*-pye, Tongue slic'd with Butter, Pear-tarts, with Cream, Jellies of all sorts, Puffs of Apples, Marrow-puddens, Yolks of Eggs, &c. Shrewsbury Cakes, &c.

Fruits of all sorts; as, Apples, Pears, Figs, China Oranges, dry'd Grapes, French Plums, Almonds, Raisins, in this as in the Two preceding Months.

A P R I L.

First Course.

Poultry; as, Bisque of Pigeons, Rabbits or Chickens fricasy'd.

Fish; as, Maycril with Goosberry Sauce, if to be had; Carp, Tench, &c. stew'd or boil'd.

Beef boil'd, roasted, or stew'd
Calf's head or Knuckle of Veal, or Fowls with Bacon and Greens, as Brocoli, Spinach, &c.

Neck of Veal boil'd with Rice
Ham and Chickens, or Pigeons, with Brocoli, or other Greens

Chine of Veal or Leg of Lamb, with Spinach, boil'd or stew'd
Scots Collops

Pastry; as, Lumber pye, Veal or Lamb-pye, &c.

Second Course.

Poultry; as, Green Geese, Ducklings roasted, or sucking Rabbits, Chickens, and Asparagus

Fish; as, Butter'd Sea-Crabs, fry'd Smelts, roasted Lobsters, Lobsters and Prawns, Crab-fish, Marinated Fish, pickled Salmon or Herrings, souc'd Mulletts

Roast Lamb, with Cucumbers or French Beans, if to be had

Pastry; as, Hot butter'd Apple-pye, Tarts, Cheese-cakes, Custards, Rock of Snow and Syllabubs

Fruit of all sorts; as, Nonpareils, Pearmains, Russet Pippens, Bonchretien Pears, &c. Cherries and Raspberries, if to be had.

M A Y.

First Course.

Poultry; as, Roasted Fowls, forc'd

Fish; as, Jowl of Salmon, boil'd with Smelts, &c. Carp and Tench stew'd; Collar'd Eel with Crayfish, &c. Roasted Lobsters, Bisque of Shell-fish

Boil'd Beef, Mutton, Veal, with Greens, Roots, &c.

Calf's Head

Breast of Veal ragou'd

Chine of Mutton with Pickles

Neats Tongue and Udder, roasted or boil'd, with Cauliflower or Brocoli, if to be had

Beans and Bacon

Pastry; as, Boil'd Puddens of several sorts, Chicken or other Pys

Second Course.

Venison; as, Haunch of Venison, Leverets or Fawn roasted, Quarter of Kid, &c.

Poultry; as, Turkey-Pouts or Quails, young Ducks, Green Geese, roasted

Fish; as, Collar'd Eels, roasted Lobsters, Prawns, or Cray-fish

Asparagus upon Toasts

Green Pease

Pastry; as, Orangado-pye, Tarts, Custards, Cheese-cakes, Creams, &c.

Fruits; as, Apples, Strawberries, Cherries, &c.

J U N E.

First Course.

Venison; as, Haunch roasted or boil'd, with Cauliflowers, French Beans, &c.

Poultry;

Poultry; as, Fricassee of Chickens, or young Rabbits; boil'd Pigeons with Bacon and Greens

Fish; as Stew'd Carp, Tench, Soles, boil'd Trouts, Mulletts, Maycril, Salmon; roasted Pike, or Barbels
Lamb and Mutton with Cauliflowers, Cabbages, Kidney-beans, &c.

Beans and Bacon

Breast of Veal ragou'd

Ragou of Lamb-stones and Sweet-breads

Westphalia or *Yorkshire* Ham, and young Fowls

Beef and Cauliflowers

Roasted Pig

Pastry; as, Marrow Puddens, Venison *Pasty*, Umble Pie, &c.

Second Course.

Venison; as, Roasted Fawn, Leverets

Poultry; as, Pheasants or Turkey Pouts, young Ducks, young Rabbits, Quails

Fish; as, Lobsters, Prawns, or Crayfish, Jowl of Sturgeon, Fry of spitchcock'd or collar'd Eels, Chine of Salmon, butter'd Crabs

Pease, or Skirrets

Pastry; as, Potatow Pye, Tarts, Custards, Cheese-cakes, Creams, Jellies, Syllabubs

Fruits of all sorts; as, Cherries, Raspberries, Strawberries, Junetin Apples and Pears, some early Figs, Currans, early Apricots.

J U L Y.

First Course.

Venison; as, Haunch roasted or boil'd

Poultry; as, Pigeons, Fowls and Bacon, &c. Green Geese

Fish; as, Fresh Salmon boil'd, Carp and Tench stew'd, Maycril, Turbot, Trouts, boil'd with butter'd Lobsters

Beans and Bacon

Calf's head, with Bacon and Greens, or Cauliflowers

Scots Collops

Chine of Veal

Pig, larded

Beef, or Mutton, boil'd or roasted

Ham and Chickens, with Cauliflower, Cabbage, &c.

Roasted Geese, or Ducklings

Pastry; as, Pigeon Pye, Pudden of several sorts; Patty Royal, &c.

Venison *Pasty*

Second Course.

Venison; as, The Shoulder roasted; Potted Venison, in slices; Hare, roasted

Game and Poultry; as, Young Ducks, tame or wild, Partridges, Quails, Pheasant Pouts, Turkey Pouts, Pigeons, Rabbits, &c.

Fish; as, Sauced Maycril, Lobsters, or Prawns, Marinated Fish

Potted Beef in slices

Collar'd Beef in slices

Pease.

Pastry; as, Tansy, Tarts, Custards, Cheese-cakes, Jellies

Fruit; as, Pine Apples, Plums, early Grapes, early Peaches and Apricots, Currans, Goosberries, Raspberries, some Strawberries, Apples, Pears, Cherries, Filberts.

A U G U S T.

First Course.

Venison; as, Haunch boil'd, with Cauliflowers, Cabbages, or French-beans: or roasted with Gravy and Claret sauce

Poultry; as, Fricassee of Chickens or Rabbits, forc'd Fowls, or Fowls *à la Daube*; Rabbits and Onions, roasted Turkeys larded, Green Geese.

Fish; as, Tench or Carp stew'd, Bisque of Fish

Pig roasted
 Beer à-la-mode
 Beans and Bacon
 Chine of Mutton with Pickles, or
 French Beans, or stew'd Cucum-
 bers
 Ham and Chickens
Pasty; as, Pigeon Pye, Umble Pye,
 Venison Pasty
 Florendines.

Second Course.

Poultry; as, Turkey Pouts, Phea-
 sants or Partridges, roasted Chic-
 kens, young Ducks
Fish; as, Lobsters roasted or cold,
 Burre'd Crabs in shells, or on
 Toasts, Broil'd Pike, Spitchcock'd
 Eel, Collar'd Eel, Salmagundy,
 Marinated Fish
 Calves liver, or Ox-heart stuffed and
 roasted with Gravy sauce
 Pork Griskins
 Collar'd Pig
 Potted Venison, in slices
 Collar'd Beef in *ditto*
 Pease
Pasty; as, Tansey, Tarts, Jellies,
 Creams, Sweetmeats, Rock of
 Snow, and Syllabubs
Fruits; as, Melons, Grapes, Apples,
 Pears, Figs, Mulberries, Raspber-
 ries, Currans, Peaches, Apricots,
 &c.

SEPTEMBER.

First Course.

Venison; as, the Haunch, &c.
Poultry; as, Roasted Geese, Pigeons
 and Bacon boil'd, Rabbits and
 Onions, Pullets and Oysters, with
 Bacon
Fish; as, Skate or Thornback, Bisque
 of Fish
 Boil'd Beef and Garden-stuff
 Leg of Pork with Greens
 Knuckle of Veal, Bacon and Greens
 Chine of Mutton with a Sallad and
 Eggs

Boil'd Leg of Mutton with Turneps
 Calves Head and Bacon
Pasty; as, Pigeon, or Squab Pye,
 Pork Pye, a Pye with Rabbits and
 Pork Steakes, Lumber Pye, Veni-
 son Pasty, Beef-steak Pye, Pork Pye
 with Potatoes cut in Dice, Veal
 Pye, Battalia Pye.

Second Course.

Poultry; as, Ducks, Partridges, Phea-
 sants, Teals, Wigeons, roasted
Fish; as, Spitchcock Eel, fry'd
 Smelts, and Soals, Jowl of Stur-
 geon, pickled Salmon, coliar'd Eel,
 Lobsters
 Roasted Shoulder of Mutton
 Collar'd Beef in slices
 Collar'd Pig, in *ditto*
 Cold Neats Tongue in *ditto*, with
 Butter
 Pease
 Artichoaks.
Pasty; as, Hot butter'd Apple-pye,
 Cheefe-cakes, Tarts, Creams, Jel-
 lies.
Fruit; as, Melons, Apples, Pears,
 Figs, Peaches, Nectarins, Morello
 Cherries, Currans, Grapes, Mul-
 berries, &c. Walnuts, Filbirds.

OCTOBER.

First Course.

Venison; as, Haunch of Doe, boil'd
 with Garden-stuff
Poultry; as, Bisque of Pigeons, Geese
 roasted, Turkey with Oysters
Fish; as, Cod's head with Shrimps
 and Oyster sauce, Tench or Carp
 stew'd, Gurnets
 Ham and Fowls, with Roots and
 Greens
 Bacon or Pickled Pork and Fowls,
 or Pigeons with *ditto*
 Turkey and Chine
 Chine of Veal and Ragou
 Chine of Mutton and Pickles
 Powder'd Beef, with Roots and
 Greens Neats

Neats Tongue and Udder roasted
Scots Collops
Pork salted and boil'd with Greens,
&c. and a Pease Pudden
Pastry; as, Lumber Pye, Venison
Pasty, Mutton Pye, Pigeon Pye.

Second Course.

Poultry; as, Wild Ducks, Teals,
Wigeons, Easterlings, Woodcocks,
Snipes, Larks upon Scuer., Par-
tridges, Pheasants
Fish; as, Eels boil'd, Smelts fry'd,
Chine of Salmon broil'd or fry'd
with Anchovies and Shrimp sauce,
Salmagundy
Artichokes
Slic'd Tongue and Pickles
Pastry; as, Tarts, Custards, Cheese-
cakes, Jellies, Creams, Quince
Pye, Potato Pye, &c.
Fruit; as, Apples, Pears, Peaches,
Nectarins, Plums, Grapes, Mul-
berries, Figs, Walnuts, &c.

N O V E M B E R.

First Course,

Stew'd Beef in Soup, or good Broth
Poultry; as, Turkey boil'd with
Garden-stuff, roasted Geese, Hen-
Turkey roasted with Oister sauce,
Rabbits and Onions
Fish; as, Tench or Carp stew'd, Dish
of Gurnets, scollop'd Oysters and
stew'd Carp
Boil'd Leg of Pork with Turneps
and Greens
Boil'd Haunch of Doe Venison with
Herbs and Roots
Leg of Mutton boil'd with Greens,
&c.
Boil'd Fowls and Bacon, or Ham
or Pickled Pork and Greens
Chine of Mutton roasted, and Pickles
Chine of Veal, with Pickles
Breast of Mutton ragou'd
Ragou'd Veal
Calf's head boil'd, grill'd, or hash'd

Ox cheek stew'd or bak'd
Pastry; as, Venison Pasty, Minc'd-
Pyes.

Second Course.

Poultry; as, Woodcocks, Snipes and
Larks, Partridges, Pheasants, Wild
Ducks, Wigeons, Teals
Fish; as, Smelts fry'd, Chine of
Salmon *ditto*, Marinated Fish
Neats Tongue in slices, with Pickles
Collar'd Beef, in *ditto*
Potted Beef, potted Hare, potted Pi-
geons, &c.
Pastry; as, Hot butter'd Apple Pye,
Pear Pye with Cream, Potato Pye,
Quince Pye, Jellies, Tarts, Cheese-
cakes
Fruits; as, Apples, Pears, Walnuts,
Chefnuts, dry'd Plums, Grapes,
&c.

D E C E M B E R.

First Course.

Soups of Gravy or Pease; or Plum-
pottage
Poultry; as, Boil'd Pullets and Oyster
sauce, or with Sausages, Rabbits
and Onions, Hare grigg'd, Pi-
geons and Bacon
Fish; as, Cod's Head, with Shrimp
and Oyster sauce, and garnish'd
with Smelts or Gudgeons, stew'd
Carp or Tench, with Eels spitch-
cock'd or fry'd, stew'd Soles, Tur-
bot, &c. Oysters before dinner
Ham and Fowls, boil'd with Greens
Buttock of Beef *ditto*
Leg of Pork, Greens, and Pease
Pudden
Haunch of Venison boil'd, and Gar-
den stuff
Leg of Mutton boil'd, with Turneps
and Greens
Leg of Lamb with Spinach, and
the Loin fry'd in Chops round the
dish
Chine of Pork and Turkey

Calf's

Calf's Head and Bacon, &c.

Sir-loin of Beef roasted, with Cauli-flowers, Horse-radish, &c.

Chine of Mutton and Pickles

Pastry; as, Minc'd Pyes, Lumber Pye, Veal Pye, Squab Pye, Venison Pasty, Battalia Pye, Marrow Puddens, &c.

Second Course.

Poultry; as, Capon, Rabbits, Hare, Turkey, Pheasants, Partridges, Woodcocks, Snipes, Larks, Wild Ducks, Teal, Easterlings, Wigeons, Bustard, Squab Pigeons, roasted

Fish; as, Potted Lamprey, potted Chars, potted Eels, Jowl of Stur-

geon, Lobsters, Bisque of Shell-fish, &c.

Brawn in thin slices

Fore-Quarter of Lamb roasted, and Mint sauce, and Sallads garnish'd with Orange

Leg of *ditto* boil'd with Spinach, Loin in steakes round the dish, and Orange in slices

Pastry; as, Tansey, Pear Tart cream'd, Potted Venison, Apple Pye, Tarts, Cheese-cakes.

Fruit; as, China Oranges, Chestnuts, Pomgranates, Apples, Pears, dry'd Grapes, &c.

Ready Messes for SUPPERS, &c.

Brawn, Ham, Dutch or Hung Beef

Collar'd Beef, Mutton, Pig, Veal, Pork, Eel, &c.

Potted Beef, Pigeons, Hare, Venison, Eel, Char, Lampreys, Trouts, &c.

Nears Tongues, Calves, Stags, or Sheeps Tongues

Stew'd Beef, Veal, Mutton, Hare, Pigeon, Ducks, Wild-Fowl, Pig

Ox or Calf's Heart, stuffed and roasted; Sheep's Heart

Hash'd Veal, Mutton, Beef, Lamb, with Pickles

Minc'd Veal, &c.

Mutton or Beef Sweetbreads and Kidneys

Veal Sweetbreads ragou'd

Lambs Liver and Bacon, fry'd

Hogs Liver, Crow, and Sweetbread, fry'd

Calf's Liver and Bacon fry'd, or roasted and stuffed

Tripe fry'd, boil'd, or fricasy'd

Eggs and Bacon

Eggs in shells

Eggs poach'd

Eggs poach'd, and Spinach stew'd

Salmagundy

Sallads of different sorts, according to the season

Pig's Petticoes

Beef Steakes and Oysters, or with Gravy and Horse Radish, or with a relish of Anchovy, or Walnut pickle

Scots Collops

Veal Cutlets

Mutton Cutlets, or Chops, with Pickles or Horse Radish, or with sauce made of Capers, Butter, and a little Sugar

Chickens boil'd with Parsley and Butter, or roasted with Egg sauce, or fricasy'd

Rabbits fricasy'd, or roasted, with Parsley and Butter

Butter'd Turneps

Artichoaks

Potatoes

Anchovies, Capers, Walnuts, Cucumbers, Mango, and other Pickles

Pickled Herrings, Oysters, Salmon, Sturgeon, &c.

Maycril boil'd, sous'd, or broil'd

Cod and Oyster sauce, Trout, Soles, Smelts, Gudgeons, Tench, Carp, Whitinge,

How to place the Dishes, &c.

27

Whittings, Skate, Plaife, Flounders, &c. Lobsters, Crabs, Prawns, Cray-fish, Oyfters, and other fish in feafon.

Tarts, Cheefecakes, Custards, Jellies, Sweetmeats, Pyes, Paffies, and Fruits according to the Seafon.

General Observations.

ALL Houfekeepers, in the Country efpecially, fhould lay in their Groceries at beft hand, and be provided with ftore of Nutmegs, Cinamon, Ginger, Cloves, Mace, *Jamaica* Pepper, Long Pepper, Black Pepper, &c.

Red Sage, Sage of Virtue, Mint, Thyme, Peny-Royal, Sweet Marjoram, &c. fhould be kept dry in paper-bags for ufe, if not in the garden, or in feafon.

Efchallots, Onions, dry'd Orange and Lemon Peel, Anchovies, Olives, Mushrooms, Ketchup, pickled Walnuts, Mango, pickled Cucumbers, Capers, &c. fhould likewife be always at hand.

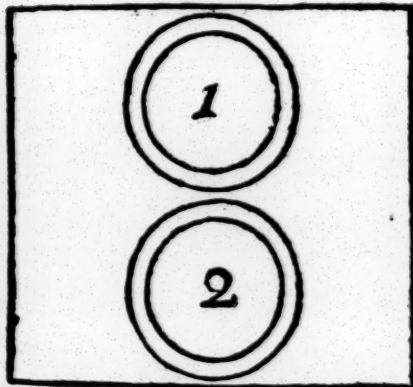
Boil'd Meats are ufually brought in firft, Baked next, Roafted laft.

How to place the Dishes on the Table.

THE following method may be obferv'd for this purpofe, from Two difhes to Nine; varying the kinds according to the feafon, as in the preceding Bill of Fare. For Example:

I.

FIRST Courfe of Two Difhes.



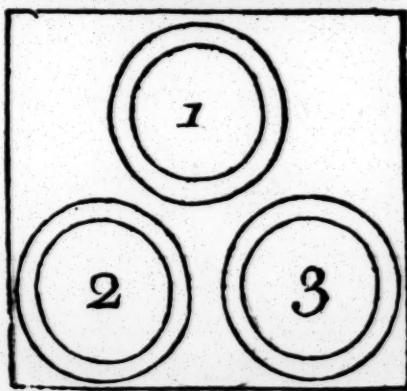
1. Boil'd beef, Pork, Mutton, &c.
2. A Pudden of any kind.

SECOND Courfe.

1. Roafted Fowls, &c.
2. Tarts, &c.

II

FIRST Courfe of THREE Difhes.



1. Boil'd Leg of Pork, &c.
2. Peafe Pudden
3. Greens and Roots.

O R,

1. Fish, or Soup
2. Scots Collops
3. Pudden.

SECOND Courfe.

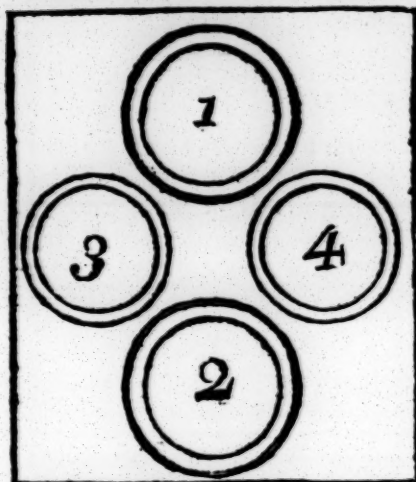
1. Roafted Turkey, or other Fowls
2. Tarts or Cheefe-cakes
3. Fruits, &c. or Asparagus, Peafe, &c.

III.

How to place the Dishes, &c.

III.

FIRST Course of FOUR Dishes.



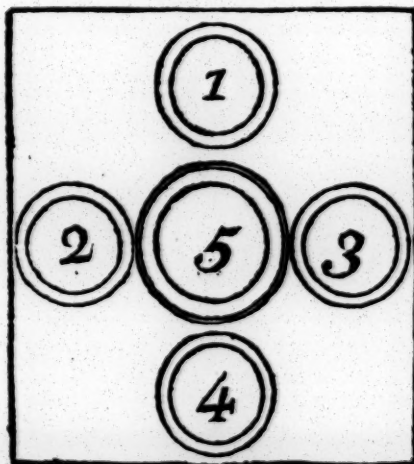
1. Soup remov'd with Veal Cutlets, &c.
2. Chickens boil'd with Greens, &c.
3. Pigeon Pye, &c.
4. Rabbits fricafy'd, &c.

SECOND Course.

1. Roasted Pheasants, &c.
2. Tarts, Custard, &c.
3. Fry'd Soles, &c.
4. Cray-fish, &c.

IV.

FIRST Course of FIVE Dishes.



1. Soup, and a Remove of Ham and Chickens

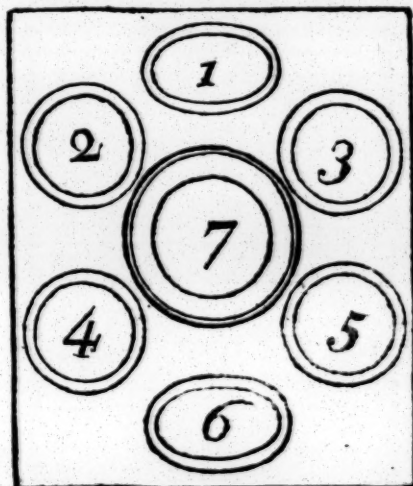
2. Fricafy of Rabbits
3. Bread Pudden
4. Beans and Bacon
5. A Sir-loin of Beef, or Chine of Mutton, or Veal, &c.

SECOND Course.

1. Partridges, roasted Capons, &c.
2. Pease, or Veal Sweetbreads, &c.
3. Snipes, &c.
4. Pear Pye, &c.
5. Lobsters, &c.

V.

FIRST Course of SEVEN Dishes.



1. Gravy Soup. Remove, Chicken and Bacon
2. Scots Collops, &c.
3. Gibblet Pye, &c.
4. Boil'd Pudden, &c.
5. Roasted Pig, &c.
6. Tongue and Udder
7. Venison Pastey, &c. Roast Beef, &c.

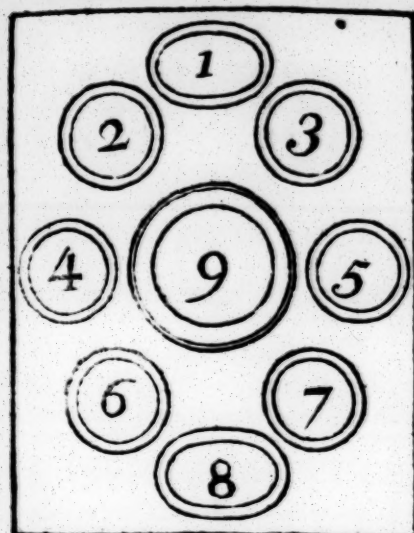
SECOND Course.

1. Partridges, &c.
2. Veal Sweetbreads, &c.
3. Marrow Puddens, &c.
4. Young Pease, if in season
5. Roasted Pigeons, &c.
6. Rabbits, &c.
7. Pastry, Sweetmeats, &c.

VI.

VI.

FIRST Course of Nine Dishes.



1. A Soupe. Remove, Breast of
Veal ragou'd

2. Jugg'd Hare, &c.
3. Fry'd Soles, &c.
4. Marrow Pudden
5. Bacon and Beans
6. Stew'd Eels, &c.
7. Roasted Pig, &c.
8. Tongue and Cauliflower
9. Chine of Mutton, or Veal, or
roast Beef, or Venison.

SECOND Course.

1. Partridges, Quails, &c.
2. Lamb-stones, &c.
3. Stew'd Carp, &c.
4. Artichokes, &c.
5. Green Pease, &c.
6. Sturgeon, &c.
7. Potted Pigeons, collar'd Eel, &c.
8. Almond Cheese-cakes, Custards,
&c.
9. Lobsters, &c.

Regalia for a SIDE-BOARD, &c.

MAY be dispos'd according to any of the preceding Forms; and may consist of Pickled Oysters, Potted Beef, Collar'd Eel, Potted Pigeons, Hung Beef, Pickled Salmon, Neats Tongue or Ham in slices, Anchovies, split Prawns, Salmigundy, Butter, Cheese, Fruit of all sorts, according to the season, Sallads, Melons, &c.

Sundry kinds of Sauces and Garnish.

For Chickens roasted,

TAKE the gravy, and the juice of Oranges, and a little Cinamon, or Pepper very finely beaten or sifted; lay some slices of Manchet, curiously carv'd, round the dish; lay the Chickens in the sauce, and garnish with Lemons thinly slic'd, Parsly and Barberries.

For a Duck or Mallard,

Take the gravy of the fowl, and Oyster liquor, boil in it a whole Onion, a few slices of Nutmeg, and an Anchovy; and if they be lean, farce and lard them; garnish with green and red Cabbage or Beets.

For Green Geese,

Stamp Sorrel, white-bread, and some slices of Pippens, or such hard apples; put a little vinegar and sugar to them, then press out the liquid part, and serve it up in saucers. Garnish with Parsley, Marigold-flowers, and some slices of Oranges or Lemons. Or for sauce, take the juice of Sorrel, scalded Goosberries, and Sugar, serv'd on sippets, with sugar and butter.

For an Hare roasted.

After you have parboil'd, truss'd and larded her, beat Cinamon, Nutmeg, Pepper, and Ginger; put to them

them boil'd Prunes, and a little White-wine; boil them, and strain out the liquid part, and serve it up in saucers. Or, take Currans, and muskified Bisket-bread beaten to powder; boil them with Sugar and Cloves, in water, to the thickness of a Gruel.

For Hens or Pullets roasted,

Take the eggs you find in them, if any; if not, the yolks of 6 eggs boil'd hard, and smally minced; put them in White-wine, or Wine-vinegar, with beaten butter and the gravy; add the juice of an Orange. Garnish with slices of Lemon, Greens, or Flowers.

For any Land Fowl,

Strain a little of the pulp of boil'd Prunes into the blood of the Fowl; put to it a little Cinamon and Ginger finely beaten; boil it with the gravy and a little sugar, to an indifferent thickness, and serve it up with the Fowl.

For a Pig,

Take the Sage that has been roasted in its belly, with the Crust or Manchet; beat or shred them small together; boil them in water, with Currans, and a little beaten Cinamon; then add to a quart of it a gill of Sack.

A proper sauce for a Loin of Veal, which may indifferently serve for any other part.

Take Thyme, Penny-royal, Mint, Sage, and Marjoram; boil them and shred them with the yolks of two hard eggs, a little Salt, some grated Nutmeg, and the juice of two Oranges; boil them with a little Spice, and some Currans; then dish it up. Garnish with slices of Oranges, or Capers, Samphire, Cucumbers, &c.

For Mutton roasted,

Slice Onions, and boil them in Claret, with grated Nutmeg, and the gravy.

For Red Deer,

Boil sweet herbs well minced, with the gravy, white bread, and juice of Oranges and Lemons; beat these up with curious sweet butter.

For Stubble-Geese,

Take Pippens, or other hard apples; boil them to pulp; strain it, and put Sugar, a little beaten Cinamon, and a little Sack to it.

For Pork roasted,

Boil Sage, and mince it small; mix it well with fine Pepper, Mustard, and Sugar, made thin with some vinegar. Garnish with slices of Oranges, Lemons, Greens, and Flowers.

Having premised these useful Articles, we shall now give, in an intelligible and easy method, particular Receipts for dressing all sorts of Provisions in an elegant and polite manner, fit either for publick or private entertainments.

A NEW
COLLECTION
Of Easy and Elegant
RECEIPTS
In every BRANCH of
COOKERY.

POULTRY.

To boil Pullets and Oysters.

BOIL them in water and salt, with a piece of Bacon; for sauce draw up a pound of butter, with a little white-wine, strong broth, and a quart of Oysters; then put your Pullets into a dish, cut the bacon, and lay it about them, with a pound and a half of fry'd sausages, and garnish it with slic'd lemon.

Pullets bon'd and forced.

Bone them as whole as possible; fill the bellies with Chestnuts, Mushrooms, Forc'd-meat-balls and Sweetbreads; lard the breast with gross lard; then pass them off in a pan brown, and either stew or roast them; make a sauce with Oysters and Mushrooms, and lay under them.

To roast Fowls with Anchovies.

Dress them and split them; wash Anchovies, cut two of them small, and the rest in slices; put

those cut small into a stew-pan with some good soup and gravy, a bit of butter, and lemon juice; when the fowls are enough, put them into a dish, pour the Anchovy soup over them, lay the sliced Anchovies on them, and serve it up.

Turkies with Oysters.

TRuss them to boil, lard one, the other plain; half roast them; then stew them in good gravy and broth; season with salt, nutmeg, and pepper; and when they are tender, make a ragoû with sweetbreads, mushrooms, thick butter, and gravy, with Orange juice, and lay over.

To boil Pigeons.

TAKE them and stuff with sweet herbs chopt, bacon, grated bread, butter and spice, and the yolk of an egg; tie them at both ends, and boil them. Garnish them with barberries and sliced lemons.

Pigeons

Pigeons in Comport.

TRUSS lard and force them; season them and stew them in strong broth; make for them a ragout, and garnish with sweet-breads, fippets, and sprigs of parsley; fry them all in batter of eggs, and slic'd lemon.

In the same manner you may garnish most made dishes.

A Pompeton of Pigeons.

TAKE savoury forced meat, and roll it out like paste, and put it in a flat pan; then lay in thin slices of bacon, squab pigeons, sliced Sweet-breads, tops of Asparagus, Mushrooms, yolks of hard eggs, the tender ends of shiver'd palates and cocks-combs boil'd, blanch'd, and sliced; then cover them with another layer of forced meat, as a pye; bake it, and turn it into a dish, and pour gravy into it.

Pigeon Pears.

TAKE your Pigeons, bone them all but one leg, and put it thro' the side out at the vent; cut off the toes, and fill them with forced meat, made of the heart and liver; cover them with a tender forced meat: First wash them with the batter of eggs, and shape them like pears; then wash them over, and roll them in scalded chopt Spinach; cover them with thin slices of bacon, and put them in bladders; boil them an hour and a half, then take them out of the bladders, and lay them before the fire to crisp; then make for them a ragout.

To boil Rabbits with Onions.

TRUSS the Rabbits close, and wash them very well, and boil them off white; boil the Onions alone, changing the water two or three times; strain them very well, chop them and butter them; put in a quarter of a pint of cream, and serve up the Rabbits, cover'd with Onions.

To boil Rabbits.

TRUSS them and lard them with bacon, and boil them white; and for the sauce, take the liver boil'd, shred it with fat bacon, dress them up with strong broth, white-wine and vinegar, mace, salt and nutmeg, parsley minced, barberries and drawn butter; lay the Rabbits in a dish, and pour the sauce over them. Garnish with lemon and barberries.

A Goose or Turkey à la Daube.

TAKE the Goose or Turkey, lard it with bacon, and half roast it; take it from the spit, and put it into a pot just big enough to boil it, putting to it a quart of white-wine, strong broth, a pint of vinegar, whole spice, bay-leaves, sweet marjoram, winter-savoury, green onions; when ready, put it into a dish, with sauce of the liquor, mushrooms, lemon, anchovies, thickken'd with butter. Garnish with lemon. The same may be used to dress a Shoulder of Mutton.

To pot Hare.

TAKE three pounds of the flesh of Hare, and a pound and half of clear fat of pork or bacon; beat them together in a mortar, till they are very well mixt; then season with pepper, salt, nutmeg, a large handful of sweet herbs shred very fine; mix them together, and put it in a pot; lay it lower in the middle than in the sides, and paste it up; bake it, and then put clarified butter over it, and lay it by for use.

Another.

TAKE a Hare and wash it clean; dry it well with a cloth; quarter it; season it with salt, pepper, nutmeg, cloves, and mace; put it into a pot with a few bay-leaves and a pound of fresh butter; bake it;

it; then take out all the bones, and beat it in a mortar; pour the butter from the gravy, and mix it with the flesh, and put it into a well-glaz'd pot; press it down close, and cover it about an inch thick with clarified butter.

To pot Pigeons.

TRUSS them and season them with savoury spice; put them in a pot, cover them with butter, and bake them; then take them out, and let them drain; when they are cold, cover them with clarified butter.

In the same manner you may pot fish, always boning them when they are baked.

To make Forc'd-meat.

TAKE part of a leg of Mutton or Veal; put away the skin and fat, and to every pound of meat put two pounds of beef suet; shred them together very small, and season it with pepper, salt, cloves, mace, nutmeg and sage, and put them all in a stone mortar; to every two pounds of meat put in half a pint of oysters and six eggs well beaten; then mix them all together, and beat it very well, and keep it in an earthen pot for use; put in a little flour at the top, and also when you roll them up in your hands.

To juggle Hares.

CUT them to pieces, half lard them, season them; then take an earthen juggle with a large mouth, and put in the Hares with a faggot of sweet herbs, and two onions stuck with cloves; cover it close down, and boil it in water three hours; then take it out, and serve them up.

To roast a Hare.

LARD it with bacon, and make a pudden of grated bread; the heart and liver parboil'd and chopt small with beef-suet and sweet herbs;

mix with marrow, cream, spice and eggs, and sew it in the belly of the Hare; roast it, and serve it up with butter drawn with cream, gravy, or claret.

Chickens forced with Oysters.

LARD and truss them; make a forcing of oysters, sweet herbs, parsley, truffles, mushrooms and onions; chop them together, and season it; mix it with a piece of butter, and the yolk of an egg; tie the chickens at both ends, and roast them; then make a ragoû, and garnish with lemon.

A Bisk of Pigeons.

TAKE Pigeons, wash them clean, and parboil them; put them into strong broth, and stew them; make for them a ragoû with gravy, artichoke bottoms, potatoes, and onions; season them with savoury seasonings, the juice of lemons, and lemons diced, bacon cut as for lard, mushrooms, truffles and morels; pour the broth into a dish with carved and dried sippets; then place the pigeons, and pour on the ragoû, with a pint of hot cream. Garnish with scalded parsley, beet roots, and lemons.

A brown Fricassée of Chickens or Rabbits.

CUT them in pieces, and fry them in butter; then having ready hot a pint of gravy, a little claret, white-wine and strong broth, two anchovies, two shiver'd palates, a faggot of sweet herbs, savoury balls and spice, thicken it with brown butter, and squeeze a lemon on it.

A white Fricassée of the same.

CUT them in pieces, and wash away the blood, and fry them on a slow fire; then put them into a tossing pan with a little strong broth; season and toss them up with mushrooms and oysters; when almost enough, put to them a pint

of cream, and thicken with a piece of butter roll'd in flour.

To fricassy Rabbits.

FLAY your Rabbits; then cut them in pieces, and lay them in scalding hot water a quarter of an hour; then put them in a saucepan with some water, a little salt, whole pepper, nutmeg, and a bunch of sweet herbs: Then let them stew till tender; then put into a frying-pan some butter, flour, and anchovy, that must thicken a little; add to it all the liquor from the Rabbits, and stir it till well mixt: then have ready three yolks of eggs, a little parsley shred small, six spoonfuls of white-wine, two of the liquor of any sort of pickle, eight spoonfuls of sweet cream, or more, if you would have it very white. Stir this well, and put it into that in the pan; then put in the Rabbits, and shake it well together, adding a little melted butter as you shake it; and when of a good thickness, serve it up.

To fricassy Ducks.

QUARTER them, race them, beat them with the back of a cleaver, dry them well, and fry them in sweet butter; when they are almost enough, put in a handful of onions shred small, a little thyme; then put in a little claret, thin slices of bacon, parsley and spinach boil'd green, and shred small; put the yolks of three eggs into a dish, with a little pepper and grated nutmeg; toss them up with a ladle full of drawn butter; pour this on the Ducks, lay the bacon upon them, and serve it up.

To fricassy Ducklings.

CUT them into small pieces, dry and flour them; fry them in butter; then take a little canary, parsley, an onion chop'd small, gross

pepper, and a blade of mace, and put in them some sugar, butter and verjuice; then take the stalks off of a large handful of clary; make a batter of eggs, flour and cream with a little nutmeg; fry these: when you have dish'd the Ducklings, pour the fry'd clary, &c. upon them.

To powder a Goose in roasting.

TAKE a handful either of sage or parsley, bruise it very small; then mould it with butter and a good quantity of salt, with a little grated bread to bind it; roll it up; put it into the belly of the Goose, and tie the neck and vent close to the spit, and as the fire heats thro' it by degrees, the butter and gravy will carry the salt into all parts of the flesh, so that it will be as well seasoned as if it had been powder'd a week or more.

To make any Fowl very tender.

ABOUT an hour before you design to kill them, pour down the throat of each a spoonful of vinegar, and let them run about in the room or yard, and when they are kill'd, hang them up in their feathers, by the heels, in a smoaky chimney; then pull and dress them, and they will be very tender.

If present occasion require them, when you have pull'd and drawn them, heat a good pebble-stone, wrap it up in a fine rag, and so put it into the belly of the fowl, closing the vent to keep in the steam, and in half an hour they will be much tenderer than otherwise they would be.

To fatten any sorts of Fowl in fifteen days.

TAKE nettle-leaves and seeds, gather'd and dry'd in their proper season; beat them into powder, and make it into paste with wheat-

wheat-bran or flour, adding a little very sweet olive-oil; make this up into little crams, coop them up, and duly feed them with it, giving them water wherein barley has been boil'd, and they will be fat at or before the time propos'd.

To preserve Fowl from tainting.

TAKE a large cask that has very lately had wine in it; knock out a board or two at the head, and in the others drive hooks to

hang your fowls on, so as they may not touch each other, and cover the open places with the boards, leaving only the bung-hole for an air-vent; set them in a dry, cool place, and they will keep as long again as in any other place. And thus you may keep Flesh or Fish.

For PYES made of Chickens, and other Poultry-ware, see the Article of PASTRY.

VENISON.

To roast a Haunch of Venison.

SPIT, and lay thick paper over it, and roast it; baste it with a quart of water, and half a pound of salt, till it is all dry; then pull off the paper, and dredge it with grated bread and flour, and baste with a pound of butter; when it is enough, lay it in a dish with gravy: set the sauce in China basons. The Sauce is thus made—Take claret, grated bread, whole cinnamon, ginger, mace, a sprig of rosemary, vinegar, and sugar: boil them up thick.

Another.

LARD the Haunch with thick bacon; season with pepper, salt, fine spices, sweet-herbs, parsley, ciboul cut small; pickle it with vinegar, salt, pepper, onions, parsley, sweet basil, thyme, and bay-leaves; when it is pickled enough, spit it, and baste it with the pickle: when it is roasted, dish it with pepper and vinegar, and thick sauce.

Another.

LARD it with fine bacon; put paper round it; roast it, and serve it up with a sauce under it, made up of good cullis or broth, gravy of ham, capers, anchovies, vinegar, salt, and pepper.

To broil a Haunch of Venison.

CUT half a Haunch into slices about half an inch thick; salt and broil them over a brisk fire; when they are pretty well soak'd, bread them, and serve them up with gravy. In the same manner you may broil a Chine.

To boil Venison.

SALT it a little, and boil it in water. In the mean time boil six cauliflowers in milk and water; then put them into a large pipkin with drawn butter; keep them warm, and take six handfuls of spinach wash'd; boil it in strong broth, and pour off the broth, and put some vinegar to it, some drawn butter, and grated nutmeg: lay sippets in the dish; then lay the spinach round the sides of the dish; lay the Venison in the middle, with the cauliflowers all over it; pour your butter over all; garnish with barberries and parsley minced.

To stew Venison.

CUT it into slices; put them into a stew-pan, with a little claret, a sprig of rosemary, six cloves, vinegar, sugar and grated bread; stew them for some time; then grate in some nutmeg, and serve it up.

To make Sauce for roasted Venison.

TAKE claret, vinegar, and water, of each a glassful, an onion stuck with cloves, anchovies, salt, pepper and cloves, of each a spoonful; boil them all together, strain them through a sieve.

To recover tainted Venison.

TAKE ale and vinegar with bay-salt, boil them together, and make a strong brine; scum it, and let it stand till it is cool; steep the Venison in it for a whole day, then press and dry it; parboil it; season it with salt and pepper, and it will be fit for use.

Another way.

TIE the Venison up in a clean cloth, and put it in the earth for a whole day, and the scent will be gone.

To pot Venison.

TAKE a Haunch of a fat buck; bone it; beat a sufficient quantity of salt, with a nutmeg, and three ounces of pepper; mix them with white-wine vinegar, and wash the Venison with it, and then lay it in a pot, with the fat side downwards; then pour upon the Venison three pounds of clarified butter; cover the pot with a paste, and set it in the oven for five or six hours: when it is baked, press it down to the bottom of the pot, and when it is cold, take all the gravy off from the top, and boil it half away; then put it with the butter to the meat again.

For *Venison Pasty*, &c. see in the Article of PASTRY.

B E E F.

To roast a Fillet of Beef.

TAKE out the Fillet of the inside of a sirloin of beef, and lard the middle with bacon, and lay it in a pan, and pour on it a marinade of vinegar, lemon-juice, crackt pepper, broken mace, slic'd nutmeg, ginger, an onion, and sweet herbs; let it lie two hours, then spit it between skewers; baste and dredge it with bread and flour, and make for it a ragout. In the same manner you may marinade any fowls, sweet-breads, or collops.

To roast a Chine of Beef in Bones.

TAKE a fore-chine, cut it very narrow into 10 or 12 pieces; season it with pepper, salt, thyme, and parsley, together with crumbs of bread; spit them, but not too close; roast them quick; make a sauce with capers and shallots, gravy and horse-radish. Dish it up with horse-radish.

Beef Olives.

TAKE a rump of beef, cut it into long steaks; cut them square, wash them with an egg, and season them; lay on forc'd-meat, roll and tie them up fast, and roast them tender. Make a sauce of shallots, gravy and vinegar.

To farce a short Rib of Beef.

TAKE it and roast it till it is almost enough; then take off the flesh in the middle, and mince it with middling bacon, beef suet, sweet herbs and spice, and with this stuff the short rib between the skin and the bone; sew it up close, and roast it till it is enough; serve it up hot, with a soup over it.

Stewed Beef.

CUT the beef into pound pieces, and pass off the brown; or wash and stew it in broth or water; put in square bits of carrots and turneps, and quarter'd favoys, sliced cabbage, and whole onions; season it

it with pepper, salt, cloves, and mace; when all is very tender, toast some sippets, and serve it up: thicken with brown butter and flour.

To fry Beef-steaks.

CUT the steaks off the rump, and beat them well with a roller; fry them with half a pint of ale, and some onion shred small; mix it with salt, and strew them therewith; when they are fry'd, take a little onion, a shallot, thyme, parsley and savoury, and chop them small.

To bake Ox Cheeks.

BONE them, pick out the eye-balls, cleanse the mouth, soak and wash out the blood, wipe them dry, season with salt, pepper and nutmeg; put them into an earthen-pan, with three or four large onions, mace, cloves: Lay the jaw-bones upon the meat, then put in half a pint of water, and half a pint of claret; cover the pan with coarse paste, and bake it; serve it on fry'd greens, and run it over with beaten butter.

Beef Scarlet.

TAKE a brisket of Beef, and rub it over with half a pound of bay-salt, and a little white salt mixt with it; then put it into an earthen-pan, turn it every day, and in four days it will be red; then boil it four hours, and serve it with favours, or other greens, or without; garnish with pickt raw parsley.

To stew a Rump of Beef.

CUT Steaks off the Rump, half broil them, season them high; put them into a stew-pan, and cover them with gravy; roll a piece of butter in flour, put it in; add the yolk of an egg, and serve it up.

To ragout a piece of Beef.

TAKE the hinder part of a Buttock of Beef; lard it with thick lardoons of bacon; put it into a stew-pan, with some slices of bacon at the bottom; season with salt, pepper, nutmeg, cloves, and sweet

herbs; cover it with bards of bacon, put in two pounds of lard; cover the pan, and stew it gently between two fires, for twelve hours; then put in a little brandy; garnish with pickles, and serve it up.

To pot Beef.

TAKE a Buttock of Beef, or Leg of Mutton piece; cut it in pieces, season it with savoury spice, an ounce of salt-petre, half a pint of claret; let it stand all night; then put it into a pan, and lay over it three or four pounds of butter; tie a paper over it, and bake it with household bread; then take it out, and dry it with a clean cloth, and beat it very fine in a mortar; then pour to the butter, clear from the gravy, and mix it together; then put it close in pots: Set it in the oven to settle; when it is cold, cover it with clarified butter.

To collar Beef.

TAKE the Flank of Beef, salt it with white salt, and let it lie forty-eight Hours; then wash it, and hang it in the air to dry twenty-four hours; then take pepper, salt, cloves, mace, and nutmegs, salt-petre; beat them all together very fine, and rub the inside of the Beef with it; roll it up hard, and tie it fast with tape; put it in a pan, with a few bay-leaves, and four pounds of butter; cover the pot with an ordinary paste, and bake it with household-bread.

Baked Beef.

LARD and bone some tender Beef, and season it with pepper, salt, and cloves, and tie it up tight, putting in whole pepper, an onion stuck with 12 cloves, two or three bay-leaves a-top, a bunch of sweet herbs, a quarter of a pound of butter, with half a pint of claret and vinegar; bake it four or five hours.

For PYES, see PASTRY

MUTTON.

A Leg, or Shoulder of Mutton, with Oysters.

TAKE a Leg or Shoulder of Mutton; make six holes with a knife; then roll up Oysters in eggs, with crumbs and nutmegs, and stuff three in every hole; if you roast it, put a caul over it; if you boil it, a napkin; then make good Oyster-sauce, which you must lay under it, and serve it hot.

To roast Mutton, and stewed Cucumbers.

TAKE a Neck and Loin, and bone them; leave the top bones about an inch on; draw the one with parsley, and lard the other with bacon, very close; skewer them, and roast them: Then fry Cucumbers, stew them, and put them under the Mutton; season the Cucumbers with vinegar, pepper, salt, and minced shallot; and lay the sauce under the Fillet of Mutton; garnish with horse-radish, and pickled Cucumbers.

Mutton disguised.

TAKE a Shoulder of Mutton, three parts roasted, and let it cool; then raise the skin quite up to the knuckle, and cut off all to the knuckle; save the blade-bone, and broil it, and hash the rest; put in some pickle-cucumbers, capers, with good gravy and shallot; toss them up, and lay the blade-bone on with the skin.

To roast a Chine of Mutton.

RAISE the skin from the chine-bone downwards, let it hang by the lower-part; then take slices of a lean gammon of bacon; season with white pepper, cives, and parsley; spread them over the Chine, lay the Bacon upon them; then turn the skin over them, and rye it

up with tape or pack-thread; put paper over it, and roast it; when it is almost enough, dredge with crum bread; put a ragout under it, and serve it up; garnish with mutton cutlets.

You may roast a quarter of Mutton or Lamb the same way.

To roast a Neck of Mutton.

DRAW it with parsley, and roast; when it is almost enough, dredge it with salt, white pepper, and crum bread; serve it with gravy, and the juice of orange.

Mutton grilled with Capers.

TAKE a large Breast, and boil it tender; then carbonade it all over; wash it with yolks of eggs, and season with pepper, salt, and crum bread, a little chopt thyme and parsley; then broil it gently; make a sauce with butter, capers, gravy, shallot, and mangoes, or mushrooms, cut; and serve it up hot.

To dress a Saddle of Mutton and Kidneys.

TAKE the fore Chine of Mutton, raise the skin, and draw it with thyme and lemon, and force part of it with sausage-meat; then take twelve Kidneys, force them, and skewer and broil them, and lay round, with horse-radish between, with gravy under.

To boil a Neck of Mutton.

LARD it with lemon-peel, and boil it in salt and water, with a faggot of sweet herbs: In the mean time, take half a pint of oysters, and stew them in a little of their own liquor, half a pint of white-wine, as much strong broth; put in anchovies, whole onions, two or three of each; some grated nutmeg, and a little thyme; then take a little of the broth, and thicken it with

Lamb. Tongues. C O O K B R Y.

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with the yolks of three or four eggs, and then dish it with sippets: Lay the oysters under the meat; garnish with lemon or barberries.

Thus you may dress a Chine, or Leg, &c.

To hash a Leg of Mutton.

CUT the flesh into broad slices, cut off the fat and skin; beat it well; then rub a dish with garlic, put in the Mutton, with water, and season it with salt and an

onion cut in half, a bundle of savoury herbs; set it over a stove, cover it, and stew it; when it is half stewed, add a quarter of a pint of white-wine, two or three blades of mace, and an anchovy: Let it stew till it is enough, take out the herbs and onion; put the hash into a dish, and serve it up.

See PYES in the Article of PASTRY.

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A Ericsaff of Lamb.

TAKE a hind-quarter of Lamb, cut it into thin slices, season it with savoury spice, sweet herbs, and a shallot; then fry them, and toss them up in strong broth, white-wine, oysters, balls, and palates, a little brown butter to thicken.

To ragoû Lamb.

TAKE a quarter of Lamb, roast it, and when it is almost enough, dredge it well with grated bread, which you must put in the dish you serve it in; veal cullis, with salt, pepper, an anchovy, lemon-juice, and a few cives; warm it, lay it in the Lamb, and serve it up.

A Ragoû of Lamb-stones and Sweet-breads.

TAKE Lamb-stones and Sweet-breads, parboil them, and cut them into slices; cocks-combs blanch'd and slic'd; then season them all with pepper and salt, and other spices; then fry them in a little lard, and drain them, and toss them up in good gravy, a bunch of sweet herbs, two shallots, some mushrooms, truffles; thicken it with burnt-butter, with a glass of claret; garnish with red beet-roots, or pickled mushrooms.

FOR LAMB-PYES, see PASTRY.

T O N G U E S.

To roast a Neats-Tongue and Udder.

BOIL and blanch the Tongue and Udder; season with pepper, ginger, cinamon, and nutmeg; lard them with large lardoons, all their length; then spit and roast them; baste with butter; when they are roasted, dress them with 'grated bread and flour, nutmeg, and the other spice, and a little sugar; serve them with gravy, the juice of oranges, a little sugar, and slices of lemon.

To bake a Neats-Tongue and Udder.

SEASON them with salt, pepper, and nutmeg; lard them with large lardoons; steep them all night in vinegar, claret, ginger; season with salt, whole pepper, nutmeg sliced, and whole cloves; bake them in an earthen pan, and serve them on sippets; lay the spice over them, with slices of lemon and sausages.

To boil Neats-Tongues.

PUT them into a kettle, with a good quantity of hay-flowers;

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tye up in a cloth, or else hay; boil them till they are tender, and they will eat short and mellow, and be of a good colour.

To salt Neats-Tongues.

CLEANSE the roots well from the moisture, and wash them well in warm water, to open the porous parts, that the salt may the better penetrate; dry them well again, and make a pickle of spanish-salt and water, or bay-salt, well boil'd in it; let them be cover'd in this a week; then take them out, and rub them over with salt-petre: Salt them very well, that they may penetrate, and colour them red, pressing them down hard with a board and a weight, that being put into the kiln to dry, they may keep their due proportion: They are usually dry'd with saw-dust burnt, which together with the salt, gives them that dusky-red colour, which appears on the out-side of them before they are boil'd.

To salt and dry Tongues, Hams, &c.

TAKE three or four gallons of water, put to it two ounces of salt-prunella, four pounds of white-salt, four pounds of bay-salt, a quarter of a pound of salt-petre, one

ounce of allum, a pound of brown-sugar; boil it a quarter of an hour, and scum it well; when it is cold, sever it from the bottom into the vessel you steep it in: Let the Hams continue in this pickle about a month, or five weeks; Tongues about a fortnight. In the same manner may be made Dutch-beef, by letting it lie in the pickle for a month, and Collar'd-beef about eight or ten days; then dry them in a stove, or wood-chimney.

To dry Neats-Tongues.

TAKE bay-salt bruited small, a little salt-petre; rub the Tongues with a linnen-cloth, then salt them with the salt, especially the roots; and as the brine comes, put some more when they are hard and stiff; when they have taken salt, roll them up in bran, and dry them.

Another way.

LET them lie in brine two or three days; then take them out, and salt them with fine salt, for two or three days more; hang them up near the chimney; lay them on a board, and dry them in an oven, after the bread has been drawn, and keep them for boiling.

P I G and P O R K.

A Pig Lamb-fashion.

SKIN it, and leave the skin whole with the head on, and then chine it down as Mutton; lard it with lemon-peel and thyme; roast it in quarters like Lamb; fill the other part with a good plum-pudding; sew up the belly, and bake it, and it will look as if it was roasted.

To roast a Pig.

TAKE out the liver, and chop it small by itself; mince blanch'd bacon, mushrooms, truffles, capers, anchovy, a crum of garlick, with

sweet herbs; blanch and season the whole; fill the Pig with it, and tie it up; spit it, and sprinkle good olive-oil over it; roast it, and serve it up hot.

Another way to roast a Pig.

PUT into the belly a piece of bread, sage, parsley, chopt small, and salt; sew up the belly, and spit it; roast it, then split it, and cut off the ears and under jaws, which you must lay round; make a sauce with the brains, thick butter, gravy, and vinegar, and lay under If you

you chuse curran-sauce, lay it in a cup.

Pork Cutlets.

TAKE a Loin or Neck of Pork, cut off the skin, and make Cutlets; season them with sage, parsley, and thyme, minced together with crumbs of bread; then broil them; make the sauce with mustard, butter, shallot, vinegar, and gravy; to be served up hot.

To roast a Chine of Pork stuffed.

MAKE a stuffing with sage, parsley, thyme, the fat leave of the Pork, eggs, and crumbs of bread; season with pepper, salt, nutmeg, and shallot, and stuff the Chine thick; then roast it gently; when it is about a quarter roasted, cut the skin in slips: The sauce to be made with lemon-peel, apples, sugar, butter, and mustard. In the same manner you may roast a Leg.

To broil a Leg of Pork.

SKIN part of the Fillet, cut it in thin-slices, hack it on the back with your knife; season it with salt, pepper, sage and thyme minc'd small; broil them on a gridiron; dish them; let the sauce be made with drawn butter, vinegar, mustard, and sugar.

To roast a Spring of Pork.

TAKE a Spring of Pork, and cut off the knuckle, and leave as much skin on the spring as you can; part it from the neck, take out the bones, and rub it over well with salt, strew it all over with sage and thyme, shred small; a nutmeg, cloves, and mace, beat small, and mixt together; rub them well in, then roll it up tight with the flesh inwards; sew it fast, spit it length-ways, and roast it.

To keep Brawn.

BOIL two quarts of beer-vinegar, with a quart of water, and two handfuls of salt, half a dozen bay-

leaves, and a race of ginger, slic'd; scum the pickle well, and when it is cold, put it into an earthen-pot, that it may cover the Brawn, and keep it close stop'd.

To collar Pork.

TAKE a Breast of Pork, bone and season it, with savoury spice, sage, parsley, and thyme; roll it in a hard collar in a cloth, tie it close, and boil it; when cold, keep it in soufe.

To collar Pig.

CUT the Pig down the back, bone it, wash it clean from the blood, wipe it dry, and season it with savoury spice, thyme, parsley and salt; roll it in a hard collar; tie it close in a dry cloth, and boil it with the bones, in three pints of water, a handful of salt, a quart of vinegar, a faggot of sweet herbs, whole spice, isinglass; when it is tender, take it off, let it cool; then take it out of the cloth, and keep it in the pickle.

To make English Hams like those of Westphalia, in shape and taste.

TAKE the legs of young, well-grown Porkers, and cut with them part of the flesh of the hind-loin, on either side, more than is usual; then lay them in cloths, to press out the remaining blood and moisture, as much as may be, laying planks on them, and on them great weights, which will bring them into form: Some have boxes purposely shap'd for them, with screws or weights to press down the lid. This being done, salt them well with bay-salt, finely beaten, and lay them in troughs, or a wicker-pannier, one upon another, close press'd down, and cover'd with sweet herbs, as hyssop, winter-savoury, thyme, penny-royal, &c. which will infuse into them a pleasant flavour: Let them continue

continue thus a fortnight; then throw away the common salt, and rub them well over with salt-petre, which may be continued for three or four days, till it soaks in, it being of a wonderfully penetrating nature; then take them out, and hang them in a very close smoak-loft, and make a moderate fire under them, if possible, of juniper-wood, but so that it may last long; and let them hang to sweat, and dry well; afterwards hang them up in a dry, airy place, to the wind, three or four days, which will purge off the ill scent the smoak has caused; and then hang them up in any dry place, till you have occasion to use them; which when you do, wrap them up in sweet hay, and put them into a kettle of water, when it begins to boil; and keep them well cover'd till they are boil'd, and they will cut of a curious red colour, and eat short and savoury; so that few can distinguish them from true *Westphalia* Hams.

To make Sausages equal to those brought from Bologna.

TAKE the Fillets of young, tender Porkers, three parts lean, and one fat, to the weight of 25 pounds; season them well in the small shreading, and beat them in a mortar, with pepper and salt, a little grated nutmeg, and a pint of white-wine, mix'd with a pint of hog's blood; then stir and beat it all together, till it is very small; add

a few sweet-herbs, small chopp'd, and bruis'd, as penny-royal, sweet-marjoram, and winter-savoury; then with a whale-bone bow open the mouths of the guts you are to fill with this meat, and thrust it leisurely down with a clean napkin, lest forcing it with your hands, you break the gut; make divisions of what length you think convenient, tying them with fine thread; dry them in the air two or three days, if it be clear, and the wind brisk; then hang them in rows, at a little distance one from the other, in your smoak-loft; and when they are well dry'd, rub off the dust they have contracted, with a clean cloth; anoint them over with sweet oil-olive, and cover them with a dry earthen-vessel; and either roasted or boil'd, they will equal those so much boasted of, from *Italy*.

To make English Sausages.

TAKE the lean of a Fillet of young Pork, chop and bruise it small, then to every pound put a quarter of a pound of fat, well skinn'd; season it with pepper, salt, and a little nutmeg; add a small quantity of penny-royal, well shredded and beaten; mix them all well together; put the mass into guts season'd with water and salt; and when fill'd and ty'd, hang them up in a chimney, or smoak-loft, to dry.

For PORK-PYES, &c. see the Article of PASTRY.

For PICKLED-PORK, &c. see the Article of PICKLING.

VEAL.

To make Scotch-Collops, brown.

TAKE a Fillet of Veal, cut it in thin collops, and hack them well; season them with nutmeg, pepper, and salt; then fry them off quick and brown; then brown off

a piece of butter, gold colour, thicken'd with flour; and put in some good clear gravy, mushrooms, morels, truffles, and force-meat-balls, with sweet-bread diced; squeeze in an orange or lemon; toss up the Collops

Collops quick, and serve them up.

To make white Collops.

CUT them small, and hack them well; season with nutmeg and salt, and pass them quick of a pale colour, in a little bit of butter; squeeze in a lemon, put in half a pint of cream, the yolks of four eggs; toss them up thick, and serve them up.

Olives of Veal.

TAKE eight or ten Scotch-collops, wash them over with egg-batter; season, and lay over them a little forced-meat; roll them up, and roast them, and make a ragout for them; garnish the dish with sliced orange.

Bombarded Veal.

TAKE five lean pieces, cut as thick as your hand from a fillet of Veal; make them round, and lard them very thick on the round side: Take five sheeps tongues, boil them, then lard them, and blanch them, and stick them with lemon-peel and beet-root; then make a good season'd forced-meat, with veal, fat bacon, beef-suet, and an anchovy; roll it up into a ball, being well beat; afterwards make a tender forced-meat with veal, fat bacon, beef-suet, mushrooms, spinach, parsley, thyme, sweet-marijoram, winter-savoury, and green onions; season and beat it; then put the forced ball into part of this forced-meat, and wrap it in a veal-caul, and bake it in a little pot, and then roll up what is left in another veal-caul, wet with egg-batter; roll it up like a Bologna-sausage, tie it at both ends, and boil it; put the forc'd ball, after being baked, in the middle of the dish; the lard veal being stewed in strong broth, lay round it, with the tongues, fried brown, between them; pour

upon them a ragout; lay about the other forced-meat, cut thin and fried in batter of eggs; squeeze an orange or lemon on it; garnish with sliced lemon.

To fry Veal Sweet-breads.

BLANCH them and cut every one of them into three or four pieces; lay them two hours in a marinade made with lemon juice, salt, pepper, whole cloves, a bay-leaf, whole cives, and an onion sliced. In the mean time make the following batter: Take a handful of flour, put it with a little salt into a pan, with fair water and an egg; beat it into a batter; then add a piece of butter (about the bigness of a walnut) melted; afterwards take the sweet-breads out of the marinade, dry them with a cloth, dip them in the batter, and fry them in lard: when they are brown, drain them; fry some parsley; lay a napkin in the dish, place the sweet-breads on the napkin, with fry'd parsley in the middle, and serve them on plates or little dishes.

To roast Veal Sweet-breads.

LARD them with small lardoons of bacon; put them on a skewer, fasten them to a spit, and roast them brown; put some good gravy into a dish, lay in the sweet-breads, and serve them up.

A Calf's Head.

THE Calf's head being split and clean'd, half boil it, and let it be cool; cut one side into thin slices, and fry it in butter; then having a pan on the stove, with a ragout for made dishes, toss it up and stew it together; afterwards scotch the other side cross and cross, flour, haste, and broil it; thicken the hash with brown butter, put it in the dish, and lay over it fry'd balls, and the tongue sliced and larded with bacon, lemon-peel and

and beet-root; then fry in egg-batter sliced sweet-breads, sippets, and oysters; lay in the head, and place these on and about the dish; and garnish with sliced orange and lemon.

A Ragou of a Breast of Veal.

BONE a Breast of Veal; take out a large square piece; cut the rest into small pieces; brown it in butter; then stew and toss it up in your ragou for made dishes; thicken it with brown butter; put the ragou in the dish, and lay on the square piece diced lemon, sweet-breads, sippets and bacon fry'd in batter and eggs. Garnish with sliced Orange.

To farce and roast a Fillet of Veal.

TAKE beef-suet very small minced with sweet-marjoram, winter-savoury, and thyme; season with salt, cloves, and mace beaten; put in grated bread, four or five dates minced small, a handful of pine-kernels blanch'd; mix them all together, with the yolk of an egg and verjuice: make small holes in the Veal, and stuff it very thick with these; then spit it, and roast it well. Make the sauce of butter, vinegar, cinamon and ginger beaten, and a little sugar; work it up very thick; dish the Veal, and pour the sauce over it. Garnish with slices of lemon.

To roast a Loin of Veal.

SPIT it, and roast it; baste it with sweet butter; set a dish under it, with some vinegar, a few sage-leaves, and a little rosemary and thyme; let the gravy drop on these, and when the Veal is roasted, let the herbs and gravy boil once or twice on the fire; serve it under the Veal.

To boil a Leg of Veal and Bacon.

LARD the Veal over with large lardoons of bacon, and lemon-

peel; boil it with a piece of middling bacon; when the bacon is boil'd enough, cut it in slices; season them with dry sage and pepper mixt; put the veal into a dish, and lay the bacon round it; strew parsley over it, and serve it up with green sauce in saucers, which is made thus: Beat two or three handfuls of sorrel in a mortar, with two pippins quarter'd, and put vinegar and sugar to it.

To stew Veal.

CUT it into small pieces, season them with salt, whole pepper, an onion, lemon-peel, and mace, two or three shallots; stew them in water, or port-wine, with a little butter; when it is enough, put in some yolks of eggs beaten; let them boil once or twice; dish, and serve them up.

To make a Fricassy of Veal.

ROAST the lean end of a loin of Veal, let it stand till it is cold, cut it into slices; set a sauce-pan with butter over the stove, melt the butter, and put in a pinch of flour, a few cives, and parsley shred; move the pan over the stoye about a minute or two; season the Veal with salt and pepper, put it into the pan, and give it two or three turns over the stove; then put a little broth, and let it boil a little; afterwards put in three or four yolks of eggs, beat up in cream, and some shred parsley, to thicken it; keep it moving over the fire, till it is thick enough; then serve it up.

To fricassy a Calf's Head.

TAKE a Calf's Head, clean it, and boil it, then cut it into square pieces of the bigness of a walnut; then toss it up with mushrooms, sweet-breads, and artichoke bottoms, cream, and yolks of eggs; season it with mace and nutmeg, squeeze in a lemon, and serve it up hot.

To

To collar Veal.

TAKE a breast of Veal, bone, wash, and steep it in three or four waters, dry it with a cloth, and season it with savoury spice; shred sweet herbs, and slices of bacon, dipt in batter of eggs; roll them up in a collar, in a cloth, and boil in water and salt, with half a pint of vinegar, and whole spice; scum it clean, then take it up, and when cold, keep it in the pickle.

To ragoû a Breast of Veal.

TAKE a breast of Veal, bone it, cut a large square piece; then cut the rest into small pieces, brown it in butter, stew it in your ragoû for made dishes, thicken it with brown butter, and put the ragoû into the dish; lay on the square piece, dic'd lemon, sweet-breads, sippets, and bacon fry'd in batter of eggs: Garnish with slic'd oranges.

A Ragoû of Sweet-breads.

TAKE Sweet-breads, wash them, and put them into boiling water, to blanch them, and then throw them into cold water; dry them with a linen-cloth, set them in a sauce-pan over the fire, with a little melted bacon, salt, pepper, and a faggot of sweet herbs; tofs them up together, put to them some good gravy to moisten them, let them simmer a while over the fire.

A Ragoû for made Dishes.

TAKE cocks-combs boil'd, blanch'd and slic'd, sweet-breads slic'd, and lambs-stones; tofs them up in claret and gravy, with sweet herbs, savoury spice, mushrooms, truffles, morels, and oysters; thicken with brown butter, use it when you have occasion.

For VEAL-PYE, see the Article of PASTRY.

S O U P.

To make Soup.

TAKE a leg of beef, a knuckle of veal, the fat end of a neck of mutton; cut them all to pieces, make strong broth; put in a crust of bread; when the goodness is boiled out of the meat, strain off the broth, and put to it a pint of white-wine, a bundle of sweet herbs, a good deal of spinach; set it on the fire again, with a pullet larded with bacon; boil it, and when it is enough, pour it into a dish, squeeze the juice of an orange into it, and thicken with the yolks of eggs; beat, and keep it continually stirred, lest it curdle, and lay the pullet in the middle of the dish, with sippets; pour in the Soup, and serve it up.

To make good Gravy.

TAKE some slices of ham or bacon, and lay them in your gra-

vy-pan; put in several pieces of beef, pretty thick, slices of onions, and celery, a little thyme and parsley; stew it gently, till it is brown; then put in good broth, and strain it for use.

To make white Soup.

BOIL half a pound of rice tender, in water and milk; then put to it two quarts of strong broth, herbs, balls, a french-roll, cut in square bits; stew them all in a stew-pan, season it, and put a forced chicken in the middle.

To make strong Broth.

TAKE three or four gallons of water, and put in it a leg of beef, and a crag of mutton; cut them to pieces, and let them boil 12 hours, between whiles stirring them with a stick; and cover it close; afterwards strain and cool it, let it stand till it will jelly; then take

take the fat from the top, and the drois from the bottom.

To make green Pease-Soup.

TAKE half a bushel of the youngest Peas, divide the greatest from the small, boil the smallest in two quarts of water, and the largest in one quart; when they are well boiled, bruise the large, and when they are drain'd, boil the thick in as much cold water as will cover it; then rub away the skins; and take a little spinach, mint, sorrel, lettuce, and parsley, and a good quantity of marigolds; wash, shred, and boil these in half a pound of butter; drain the small Peas, save the water, and mix all together, with a spoonful of whole pepper; then melt a quarter of a pound of butter, shake a little flour into it, and let it boil; put the liquor to the butter, mix them all well together, and let them boil up: Serve it up with dry bread.

Peas-Soup.

TAKE a quart of good seed-peas, boil them tender and thick, strain, and wash it through with a pint of milk; put thereto a quart of strong broth, boiled with balls, a little spear-mint, and a dried french-roll, and season it with pepper and salt.

To make Plum-pottage.

TAKE two gallons of strong broth, put into it two pounds of currans, two pounds of raisins of the sun, half an ounce of sweet spice, one pound of sugar, a quart of claret, a pint of canary; squeeze three

seville-oranges, and three lemons into it, and thicken it with rice, flour, and a pound of prunes.

A Fricassé of Artichokes.

SCRAPE the bottoms clean, cut them into large dice, and boil them, but not too soft; then stove them in a little cream, season'd with salt, pepper, and nutmeg; thicken it with the yolks of four eggs, and melted butter, and serve it up.

To fricassé Tripe.

TAKE double Tripe, cut some of the fat part into slices, and dip them into eggs or batter, and fry them to lay round the dish; cut the other part into long slips, and into dice; and toss them up with mint, onion, chopt parsley, melted butter, yolks of eggs, and a little vinegar; season with pepper and salt, and serve it up.

To make Cray-fish-Soup.

CLEANSE your Cray-fish, and boil them in water, salt, and spice; pull off their feet and tails, and fry them; break the rest of them in a stone-mortar; season them with savoury spice, and an onion, hard eggs, grated bread, and sweet herbs, boiled in strong broth; strain it, and put to it scalded chopp'd parsley, and french-rolls; then put them in with a few dried mushrooms; garnish the dish with sliced lemon, and the feet and tails of the Cray-fish. A Lobster-Soup is made in the same manner.

F I S H.

To stew Carp.

KNOCK them on the head, gut and cleanse them, wash out the blood with vinegar and salt, and cut them close to the tail, to

the bone; wash them clean; put them in a broad sauce-pan, with a quart of claret, half a pint of vinegar, a pint of water, a faggot of sweet herbs, a sliced nutmeg, large mace,

mace, four or five cloves, two or three races of ginger, whole pepper, and an anchovy; cover them close, and stew them about a quarter of an hour; then put to it the blood and vinegar, with a piece of butter rolled up in flour; lay about them the spawn, milt, and liver; stick them with toasts; thicken it with butter.

To stew Carp white.

SCALE them, gut and cleanse them, save the roes and milts, then stew them in some good white broth; season them with cloves and mace, salt, and a faggot of herbs, put in a little white-wine, and when they are stewed enough, thicken the sauce with the yolks of five eggs, and pass off the roes, and dip them in yolks of eggs and flour, and fry them with some sippets of french-bread; then fry a little parsley, and when you serve them up, garnish the dish with the roes, parsley, and sippets.

To fry Eels.

SCOTCH them very thick in, and cut every Eel in eight pieces, mix them with yolks of eggs, and season them with pepper, salt, and grated bread, thyme, and parsley; then put flour on them, and fry them. You may dress them a plain way, only with flour and salt; serve them up with melted butter, and fried parsley.

To collar Eels.

TAKE large silver Eels, scower them with salt, slit them down the back, and take out the bones, wash and dry them, and season them with savoury spice, parsley shred, thyme, sage, and an onion; then roll each of them in collars, in a little cloth; tie them close, and boil them in water and salt, with the heads and bones, and half a pint of vinegar, a faggot of herbs, ginger,

isinglass; when they are tender, take them up, and tie them close again; strain the pickle, and put them into it.

To roast Eels.

TAKE Eels, skin and turn them quite round, and scotch them; wash them with melted butter, and spit them cross-wise with a skewer, and tie them on the spit; then strew over them a little thyme, parsley, pepper, salt, and nutmeg; roast them quick; fry parsley, and lay round the dish; make the sauce with butter and vinegar.

To broil Eels whole.

SKIN them, and wash, and dry them; score them with a knife, and season them with crumbs of bread, thyme, parsley, pepper and salt; then turn them round, and skewer them cross-wise, and you may roast or broil them as you please: The sauce may be melted butter, with vinegar, or lemon-juice.

To spitch cock Eels.

SCOWER them in their skins with salt, and wash and dry them; then slit them down the back, and take out the back-bone, and slash them with the back of a knife; season them with salt, pepper, chopp'd parsley, and thyme; wash the inside with melted butter, and cut them into pieces about three inches long, and broil them; make the sauce with melted butter, and orange-juice.

To pot Eels.

TAKE jamaica-pepper, common pepper pounded fine, and salt; mix them together, and strew some of it at the bottom of an earthen-pan; cut the Eels, and lay them over it, and then strew more of the seasoning over them, and put in another lay of Eels, repeating this method till you have put in all the Eels; then place a few bay-leaves upon

upon them, pour in as much vinegar as is convenient with the like quantity; cover the pan with brown paper, and bake them; then pour off the liquor, and take as much clarified butter as will cover them, pour it upon them, and lay them by for use.

To stew Cod.

TAKE a Cod, cut it into thin slices, lay them in rows at the bottom of a dish; put in a pint of white-wine, half a pound of butter, a few oysters, with their liquor, a little mace, some crums of bread, with pepper and salt; stew them all till they are enough: Garnish the dish with lemon.

To boil a Cod's Head.

TAKE vinegar and salt, a faggot of sweet-herbs, and an onion; set them on the fire, in a kettle of water, boil them, and put in the head; and while it is boiling, put in cold water and vinegar; and when it is boiled, take it up, and put it into a dish, and make for sauce as follows: Take gravy and claret, boil'd with a faggot of sweet herbs and an onion, two or three anchovies, drawn with two pounds of butter, a pint of shrimps, oysters, the meat of a lobster shred fine: You may stick little toasts on the head, and lay on, and about the roe, milt, and liver: Garnish the dish with fried parsley, lemon, barberries, horse-radish, and fried fish.

To make a Ragou of Cod.

WASH the Cod clean, and boil it in water, with vinegar, pepper, salt, a bay-leaf, and lemon; make a sauce of burnt butter, fry'd flour, capers, and oysters; when you serve it up, put in some black pepper and lemon-juice.

To dress a dish of Fish in general.

TAKE water, salt, half a pint of vinegar, a sprig of thyme, a

small onion, and a little lemon-peel, boil them all together; then put in your Fish, and when it is enough, take them out, and drain them well; lay them over a stewing-hole to keep them warm. If you want to fry any Fish, stew some crums of grated bread, very fine, over them, and fry them in sweet oil; then drain them well, and keep them warm.

To roast Lobsters.

TIE them to the spit alive, and baste them with hot water and salt, roast them about an hour after they turn red, and serve them up with melted butter in one cup, and anchovy and butter in another.

To butter Lobsters.

PUT by the tails whole, to lay in the middle of the dish; then take the meat, and cut it into large pieces; put in a large piece of butter, two spoonfuls of rhenish-wine, and squeeze the juice of a lemon, and serve it up.

To roast a Pike.

TAKE a Pike, scale and wash it from head to tail, lard it with the flesh of Eels roll'd up in sweet herbs and spice, fill it with fish and forc'd-meat; roast it at length, baste and bread it; make the sauce of drawn butter, anchovies, the roe and liver, with balls, mushrooms, capers, and oysters: Garnish with sliced lemon.

To boil a Turbot.

PUT the Turbot into a kettle, with white-wine-vinegar, verjuice, and lemon; season with salt, pepper, cloves, onions, and bay-leaf, add to these a little water, and some milk, to cause it to boil white; boil it over a gentle fire: Garnish with slices of lemon on the top, parsley, and violets, if in season.

To broil a Pike.

SPLIT it, and scotch it with a knife on the outides; season it with salt, put the gridiron on a clear fire, make it very hot; then lay on the Pike, baste it with butter, turn it often, and when it is broiled crisp and stiff, put it into a dish, and serve it up, with beaten butter, and the juice of lemons, or white-wine-vinegar: Garnish with slices of oranges or lemons, and sprigs of rosemary.

To broil Maycril.

GUT and wash them, then slit or gash them down the back, and lay them a while in oil, salt, pepper, and fennel; then wrap them up in fennel, and lay them on a gridiron, and broil them. Make for them the following sauce; take clarified butter, sweet herbs shred small, salt, nutmegs, gooseberries, a little vinegar and capers.

A Bisque of Fish.

TAKE any sort of Fish, clean it well, and steep it in white-wine-vinegar, a handful of salt, whole spice, a bunch of sweet herbs, a few whole onions, and a lemon shred; cover the Fish with these ingredients, and let them stand almost an hour; then put them all together into a pot, and when they are half boil'd, add some boiling water to it, to make the fish firm; then fry some of the other in hot liquor; make a sauce with oysters, shrimps, mushrooms, capers, a bundle of sweet herbs, two anchovies, two whole onions stuck with cloves, the yolks of two eggs, the juice of a lemon, nutmeg and horse-radish scrap'd, intermixt with two pounds of butter; draw it up very thick, then dish your Fish, and run

over the sauces: Garnish your fry'd Fish with parsley, horse-radish, and slic'd lemon; serve it up hot.

To recover Anchovies that have, by the loss of the Pickle, become rusty, or decay'd.

TO a gallon of fair water put two pounds of salt-petre, boil it till a fourth part is consum'd, scumming it continually as the scum rises; then put to it a quarter of an ounce of crystal of tartar; mix these, well stirring them; then unpack the damag'd Fish, and repacking them lightly, pour in the new pickle, mix'd with a pint of good old pickle, and stop them up close 24 days; and when you open them again, cover them with fine beaten bay-salt, and let them stand three or four days; then, as you take them out for use, be careful to cover them down with a slate, and they will succeed well.

To recover Sturgeon, or Salmon that is decay'd.

TAKE a gallon of white-wine-vinegar, boil it by itself, with three or four slices of ginger in it; boil separately two quarts of water, and a pint of white-wine, with a handful of salt; mix these together, then steep the Fish four or five hours in warm water, take it out, and dry it; mix the pickles together, and put them to it lukewarm; cover or head up close the vessel or cask you put them in, and let them stand 10 or 12 days before you open them.

To make Cray-fish red.

RUB them with aqua-vitæ, and it will succeed to admiration.

FOR FISH-PYES, see the Article of PASTRY.

See also PICKLING.

P A S T R Y.

PASTE, LEARS, PYES, &c.

To make Puff Paste.

TO a pound of flour, put two ounces of butter, and two eggs, work it up light with fair water; then roll it out, and lay several little bits of butter upon it, the bigness of a large nutmeg; fold it up, and roll it out again; then butter and fold it up again, and flour it; repeat it three times, and then roll it for use, and it will rise well. It is a Paste that may be used on several occasions.

Paste for a Pasty.

TAKE a peck of flour, put to it six pounds of butter, and four eggs; work it up with cold water.

To make Paste for a high Pye.

TAKE a peck of flour and work it up with three pounds of butter, melted in a sauce-pan of boiling liquor into a stiff Paste.

To make Paste for Patty Paste.

TO four pounds of flour put a pound and a half of butter; work it in well with half a pound of eight-penny-sugar sifted; then work it up quick with water. This will serve all sorts of Tarts or sweet Patties.—Or you may make it thus;

TAKE two pounds of flour, a pound of butter, and two eggs; work it up, but not too stiff. This Paste will come well out of your pans.

To make Almond Paste.

TAKE a pound of almonds; blanch them and beat them very fine in a mortar; put some water to

them, to prevent their oiling; then mix them with two pounds of flour, rub it in with a pound of powder'd sugar; after which put in half a pound of butter, six yolks and two whites of eggs. This will serve for rich Tarts and sweet Pyes.

To make Paste for a Custard.

TAKE flour, and make it into a stiff Paste with cold water, and sprinkle it with cold water, to prevent its cracking.

L E A R S for Pyes.

A Lear for Savoury Pyes.

TAKE claret, gravy, oyster-liquor, two or three anchovies, a bunch of sweet herbs, and an onion; boil them up, and thicken it with brown butter; then pour it into your Savoury Pyes, when called for.

A Lear for Fish-Pyes.

TAKE claret, white-wine vinegar, oyster-liquor, anchovies, and drawn butter; and when the Pyes are baked, pour it in with a funnel.

A Lear for Pasties.

TAKE the bones of the meat of which it is to be made, cover them with water, and bake them with the Pasty; and when it comes out, strain the liquor, and put it into the Pasty.

A Caudle for Sweet-Pyes.

TAKE Cinny and white-wine equal quantities, a little verjuice and sugar; boil them, and brew them with two or three eggs, as butter'd

butter'd ale: when your Pyes are baked, pour the Caudle in at the funnel, and shake it together.

P Y E S.

Ingredients for Sweet-Pyes; the meat being Fish or Fowl.

SPice-balls, citron, lemon and orange peels, Spanish potatoes, skirrets, raisins, currants, grapes, goosberries, and damsons.

Ingredients for Savoury Pyes.

SAvoury spice-balls, bacon, shiver'd palates, lamb-stones, cocks-combs and stones, artichoke bottoms, oysters, mushrooms, truffles, and morels.

An Artichoke Pye.

TAKE the bottoms of six or eight Artichokes boi'd and sliced; season them with sweet-spice, and mix with them the marrow of three bones, with a few goosberries or grapes; upon these lay some dates, yolks of hard eggs, citron and mace; then cover these with butter; bake, and pour in hot wine.

A Battalia Pye.

TAKE two small chickens, two squab pigeons, two sucking rabbits; cut them in pieces, season them with savoury spice, and lay them in the Pye with two sweet-breads sliced, as many sheeps-tongues, one shiver'd palat, a pair of lamb-stones, 10 or 15 cocks-combs, with savoury balls and oysters; lay on butter, and close the Pye: put to it a lear.

N.B. Savoury spice is Pepper, Salt, Cloves, and Nutmegs.

A Calf's-head Pye.

TAKE a Calf's head, toil it till you can take out all the bones, cut it into thin slices, and lay it in the Pye, with ingredients for savoury Pyes.

A Chicken Pye.

TAKE six small Chickens, put into them a piece of butter rolled up in sweet spice; season them, and put them into the Pye, with the marrow of two bones, with a few currans and raisins of the sun stoned, a few skirrets boi'd and blanch'd, dates, candied lemon and dried citron, preserved barberries, sliced lemon, large mace and butter; close it, bake it; and when it is taken out of the oven, make a Caudle of white-wine, verjuice and sugar, beat up with the yolks of three or four eggs; set them on the fire, and keep stirring till it is thick; then put it in, and shake it; scrape sugar upon it, and serve it up.

Egg Pyes.

TAKE the yolks of 20 hard Eggs, shred them with the same weight of marrow and beef suet; season it with sweet spice, citron and lemon; fill and close the Pyes.

A Goose Pye.

TAKE a Goose, bone it; season it with savoury spice, and lay it into the Pye with two rabbits; lay on butter, and close the Pye.

Another Goose Pye.

PARboil and bone the Goose; season it with salt and pepper, and put it into a deep crust, with a quantity of butter; bake it well, and fill it up at the vent-hole with melted butter, and serve it up with bay-leaves, mustard, and sugar.

A Hare Pye.

CUT the Hare in pieces, and season them with savoury spice; lay them into the Pye with balls, sliced lemon and butter, and close the Pye.

A Hen Pye.

TAKE a Hen cut in pieces, season it, and lay it in the crust with balls, yolks of hard eggs, sliced lemon, butter, and close the

Pye; bake it, and then pour a lear thicken'd with eggs, into it.

A Lamb Pye.

TAKE a hind quarter of Lamb, cut it into thin slices; season them with savoury spice, and lay them into the Pye, with a hard lettuce, artichoke bottoms, the tops of 100 asparagus; cover them with butter, and close the Pye; and when it is baked, pour a lear into it.

A Lumber Pye.

TAKE a pound and a half of fillet of veal, and mince it with an equal quantity of beef suet; season it; add five pippins, a handful of spinach, a hard lettuce, thyme and parsley; mix with it a penny white loaf grated, the yolks of two or three eggs, canary and orange-flower water, a pound and a half of currans, and preserves as in the chicken Pye.

Minced Pyes.

TAKE a neat's tongue, parboil and shred a pound of it, with two pounds of beef suet, five or six pippins, and a green lemon peel; season it with an ounce of sweet spice and a pound of sugar; add two pounds of currans, a quarter of a pound of citron, lemon and orange peel, half a pint of canary, a little orange-flower water; mix all these together, and fill your Pyes.

A Mutton Pye.

CUT a loin of Mutton into steakes, season it with savoury spice, and fill the Pye; lay on butter, and close it: when it is baked, take a handful of capers, cucumbers and oysters chopt in gravy, an anchovy and drawn butter, and put to it.

A Sweet-bread Pye.

TAKE two or three Sweet-breads, cut them the bigness of half a crown; cut artichoke-bottoms boil'd tender; take out all the skins from

the Sweet-breads, take truffles and morels, boil them in a little gravy, put in some mushrooms and palates boil'd tender, and cut in pieces with oysters; season the Sweet-breads with salt and pepper; put in three yolks of eggs boil'd hard; let these ingredients lie in your dish, with three spoonfuls of water; put puff-paste in the dish, and cover it with the same when it comes out of the oven; take white gravy with a little white-wine boil'd well, cut the lid transversely; take out some of the quarters, and pour in the liquor; send it to the table with the quarters cut out.

A Pigeon Pye.

TRUSS and season the Pigeons with savoury spice, lard them with bacon, and stuff them with forced meat, and put them into the Pye, with the ingredients for savoury Pyes, and butter, and close up the Pye; and when it is baked, make a lear.

A Veal Pye.

RAISE a high Pye, cut a Fillet of Veal into three or four Fillets; season them with savoury spice, and a few sweet-herbs and sage minced; lay slices of bacon at the bottom and between each piece, slices of butter on the top, and close up the Pye, and bake it.

A Veal Pasty.

TAKE a quarter of a peck of fine flour, and a pound of butter, which break into little pieces; put in salt, and half an egg, as much cold milk as will make it into paste; make a sheet of Pasty; take a breast of Veal, bone and season it with pepper and salt; lay butter in the bottom of your paste, and lay in the Veal; put in whole mace with a lemon sliced thin, and the rind of it; cover it with butter, close it up; and when it is baked, cut it up.

up, and heat white-wine, butter, yolks of eggs and sugar; pour them in, and serve it up.

A Venison Pye.

RAISE a high Pye, and shred a pound of beef-suet, put it at the bottom; cut the Venison in pieces, and season them with pepper and salt, and put them upon the suet; then lay on butter, and close the Pye; let it stand in the oven six hours.

A Venison Pasty.

TAKE half a peck of flour, four pounds of butter, and 8 beaten eggs; mix them into a paste with warm water; take Venison, and bone it; break the bones, season them with salt and pepper; boil them, and when the Pasty is baked, fill it with this liquor: take a pound of beef-suet, cut it into slices, strew pepper and salt on it; put in the Venison, seasoned pretty high with salt and black pepper bruited; set pudden crust round the inside of the Pasty, and put in three quarters of a pint of water; lay on fresh butter, and close it; and when it is baked, put in the foregoing liquor, and shake it all well together.

A Carp Pye.

TAKE a Carp, bleed it at the tail, cut open the belly, draw and wash out the blood with claret, vinegar, and salt; then season it with savoury spice, and sweet herbs shred; lay it in the Pye with a pint of large oysters and butter; close the

Pye, and when it is baked, put into the lear the blood and claret, and pour it into the Pye.

An Oyster Pye.

TAKE a quart of large oysters, parboil them in their liquor, mince them small, and beat them in a mortar, with pistachio nuts, marrow, and sweet herbs, an onion, and savoury spice, and a little bread grated; lay on butter, and close the Pye.

Savoury Balls.

TAKE part of a leg of lamb, or veal, scrape it fine, with the like quantity of beef-suet minced, a little lean bacon, sweet herbs, a shallot, and anchovies; beat them in a mortar till they are as smooth as wax; season with savoury spice, and make it up into little balls.

Sweet Balls.

TAKE part of a leg of lamb, or veal, scrape it fine, with the like quantity of beef-suet; put to it a pretty quantity of currans; season it with sweet spice, a little lemon-peel, three or four yolks of eggs, and a few sweet herbs; mix them well together, and make little balls.

Fish Balls.

TAKE Carp and Eels, mince them fine, mix them together, with the like quantity of suet, sweet herbs, and savoury spice, grated bread and eggs; beat them in a mortar, and make up into little balls.

FLORENDINES, PUDDENS, &c.

A Florendine.

TAKE two pounds of cheese-curds, a pound of blanch'd almonds finely beat, half a pound of currans, rose-water, and sugar according to your palate; mix them with stew'd spinach cut small; lay

puff-paste on the top and bottom of the dish, and bake it in a gentle oven.

An Apple and Orange Florendine.

TAKE six Seville-oranges, cut them in two, save the juice; take the pulp, and lay it in water 24 hours,

shifting it three or four times; then boil them in three or four waters, and in the last put to them a pound of fine sugar, and their juice; boil them to a syrup; let them stand in the syrup in an earthen pot: When you use them, cut them in thin slices. Two of these Oranges, mixt with 10 Pippins, pared and quarter'd, and boil'd up in water and sugar, will make a Florendine. Lay it on puff-paste in a dish, and garnish the brim.

A Florendine of Kidney of Veal.

TAKE the Kidney of a loin of Veal, together with the fat, and shred them with spinach, parsley, and lettuce, three pippins, and some orange-mel; season it with sweet spice and sugar, and a good handful of currans, two or three grated biskets, sack, and orange-flower water, two or three eggs; mix them well together, and put them into a dish, cover'd with puff-paste; lay on a cut lid, and garnish the brim.

To make an Almond-Pudden.

TAKE half a pound of Jordan Almonds blanch'd; pound them in a mortar, with four grated biskets, and three quarters of a pound of butter, sack, and orange flower water; then mix it with a quart of cream boiled, and mix with eight eggs, sweet spice, and sugar; cover the dish with puff-paste, pour it in, and garnish it.

An Almond-Pudden boiled.

TAKE two eggs, beat and strain them into a quart of cream; then grate in a penny white loaf, with a nutmeg, half a pound of Almonds blanch'd and beat fine, six spoonfuls of flour; mix them well, and sweeten them with sugar; flour your bag, or cloth; put the Pudden into the pot while it boils, and when it is enough take it out, and pour on it a little rose-water,

with some melted butter: Garnish it with blanch'd Almonds, and serve it up.

A baked Bread-Pudden.

TAKE a penny loaf, cut it into thin slices; boil a quart of cream, or new milk, and put in the bread; break it very fine, put in five eggs, a nutmeg grated, a quarter of a pound of sugar, and half a pound of butter; stir them all well together; butter a dish, and let it bake an hour.

A boiled Bread-Pudden.

TAKE a quart of cream, boil it with salt, sugar, and sweet spice; then take two French rolls, and slice in the crusts, and let it stand till it is cold; after which drain it, and rub the bread through a culender; put in the yolks of six, and whites of four eggs; then stir them well together, butter a dish, and put it in; tie a cloth over it, boil it, and serve it up with drawn butter.

A Carrot-Pudden.

TAKE raw Carrots, scrape them clean, grate them, and to half a pound of Carrot put a pound of grated bread, a nutmeg, a little cinamon, and salt; half a pound of sugar, and half a pint of sack, eight eggs, a pound of butter melted, and as much cream or new-milk as will mix it well together; stir and beat it well, and put it into a dish, with puff-paste at the bottom, and bake it.

An Orange-Pudden.

TAKE the rinds of two Seville-oranges, the yellow part only; grate them, and boil them as a Florendine of oranges and apples; and season them as the carrots.

An Oatmeal-Pudden.

TAKE three pints of thick cream, boil it, and put to it three quarters of a pound of beef-suet shred very

Puddens.

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very fine; a pound of butter, and half, a pound of sugar, a grated nutmeg, a little salt; thicken them all with a pint of fine Oatmeal; stir it together, and pour it into a pan, and cover it close, till it is almost cold; then add the yolks of six eggs; mix all well together, put a sheet of puff-paste in the dish, and stick lumps of marrow in it: Let it stand in the oven two hours.

To make a Cream-Pudden.

TAKE flour, and mix it with a like quantity of grated bread, some dates minc'd, cinamon and nutmeg finely beaten, beef-suet, sugar, eggs, and warm milk; then take half the Pudden for one side, and half for the other; make it up round, and put some butter and cream into the middle of it, and close it up; put it into the pot, in a cloth, when the liquor boils; and when boil'd, serve it up in two halves, with butter, rose-water, sugar, and verjuice, beaten well together and warm.

To make excellent Black-Puddens.

TAKE oatmeal a little ground; grate to every quart of it a half-penny stale white loaf; soak these in milk a night, then in the hog's blood warm 12 hours; after which mince your fat or lard small, mingle and stir them to a proper thickness; then mince penny-royal, white-savoury, and such other proper sweet herbs as the season will afford, and stir them together; season them with a sprinkling of salt, and fill the guts with them, tying them at what convenient lengths you please; and when you have boil'd them, hang them up in a dry loft, near the chimney, to keep them from moistness or mouldying.

White-Puddens, the best way to make them

GRATE fine manchet, sprinkle a little flour on it, and beat a small quantity of mace and nutmeg; steep these in as much milk as they will thicken like pap; then to every quart of this put a quarter of a pound of currans. and two ounces of sugar; mix them well together, and put them into fine thin guts, well clean'd, and rinsed in warm water; tie them up as the former, and keep them in dry boxes when boil'd.

Plain Pudden.

TAKE your milk, and scald it, and put in equal quantities of grated bread and suet; let it stand cover'd a quarter of an hour; season it with nutmeg, and ginger, and a little sugar; mix them up with a little flour, and let it boil two hours.

Marrow-Pudden.

TAKE a quart of cream, or new milk, put to it four ounces of bisket, eight yolks of eggs, nutmeg, salt, the Marrow of two bones; season it with a little sugar, put in two ounces of currans. let it softly on the fire; then let it cool, and bake it in puff-paste; lay some bits of the Marrow on the top.

Rice-Pudden.

TAKE a pint of thick cream, set it on the fire, and put into it three spoonfuls of the flour of Rice; stir it; when it is thick, pour it into a pan, and put to it a pound of fresh butter; stir it till it is almost cold; then add a grated nutmeg, a little salt, sugar, and sack, the yolks of six eggs; stir it well together, put puff-paste at the bottom of the dish; pour it in, and bake it about an hour.

A Tansey.

TAKE twenty yolks, and eight whites of eggs, beat them well, and strain them into a quart of thick cream; one nutmeg, and three Naples-biskets grated, as much juice of spinach, with a little Tansey; sweeten it to your palate, then butter a dish well, and let it in an oven fit to bake custards; watch it, and when it is done, take it out, and turn it on a pye-plate; scrape sugar, and squeeze orange over it: Garnish the dish with orange and lemon, and serve it up.

A Plum-Pudden.

TAKE a pound of beef-suet, cut it small, mix it up with a quart of new milk; put in some nutmeg, salt, ginger, and six eggs; then mix thick with flour; add to it half a pound of currans, and the like quantity of raisins: Bake it, or boil it.

Abricot-Pudden.

CODDLE six large Abricots very tender, break them very small, sweeten them to your taste; when they are cold, add six eggs, but only two whites, a little cream; put it in puff-paste, and bake it. You may thus make any Fruit-puddens.

CUSTARDS, CHEESE-CAKES, &c.

To make Orange-Loaves.

SCRAP the Seville-oranges, and cut off a piece of the top; take out all the meat, and as much of the white as you can, without breaking them; boil them in water till they are tender, shifting the water (always put hot water to them, except the first time) till they are not bitter; take them up, and wipe them dry; then take a pound of eight-penny sugar, and a quart of water; let it boil, and scum it clean; then put in the Oranges, and let them boil a little; then let them stand in that syrup all night; take them out of the syrup, and fill them with a thick custard (before 'tis bak'd), put on the lids, and bake them; and when they are cold, send them to the table. You may fill them with any sort of rich Puddens; but must then eat them hot, with sack and butter pour'd over them.

A Custard.

TAKE a quart of cream, or new milk, and a stick of cinnamon, a nutmeg quarter'd, and some large

mace; boil them all together, and let them stand till it is almost cold; take eight yolks, and four whites of eggs; beat them well together, and mix them with sugar, canary, and orange-flower-water; put it upon the fire, and keep stirring it till a white froth arises, and scum it off; then, the coffins being first dried in an oven, fill them.

Cheese-cakes.

TAKE the curd of a gallon of milk, three quarters of a pound of fresh butter, two grated biskets, two ounces of blanch'd almonds pound-ed, with a little sack and orange-flower-water; half a pound of currans, and seven eggs, spice and sugar; beat it up with a little cream till it is very light; then fill your Cheese-cakes.

Orange Cheese-cakes.

TAKE half a pound of Jordan-almonds; beat them very fine, and put to them a little sack, or orange-flower-water, lest they turn to oil; take yolks of eight eggs, and three whites; three quarters of a pound

or

of melted butter, and the rinds of two Seville-oranges grated and well beaten: Mix these all together, and sweeten it to your taste. The oven must be as quick as can be, without burning them: A very little time will bake them.

Plum-Cake.

TAKE six pounds of flour, eight pounds of currans, half a pound of fine sugar sifted, 20 eggs, leave out the whites of half; a pint of new ale-yeast, a full quart of very thick cream, two pounds and a half of butter, two nutmegs grated, a quarter of an ounce of mace beaten fine, two large spoonfuls of rose-water, four large spoonfuls of brandy, and two large spoonfuls of orange-flower-water; melt the butter with the cream, not too hot; let the eggs be well beaten, and the yeast strained; a pound of almonds blanch'd with cold water, cut in small bits: Mingle the dry things together, make a hole in the middle, and put in the wet ingredients; mix them well, and beat the whole up quick with your hands; set it before the fire to rise, while the oven is heating: When 'tis bak'd, ice it; if you like it, you may put into the Cake a pound of candy'd orange-peel and citron together.

To make a Plum-Cake.

TAKE a pound of flour, and a pint of ale-yeast, a pint of water, a pound of sugar, half a pound of butter, and a little spice; make it into dough, before you put in the plums; work in as many plums as you please.

Another Plum-Cake.

TAKE five pounds of fine flour, and put to it half a pound of sugar; nutmegs, cloves, and mace beat fine, of each half an ounce, and a little salt; mix them all well together; then take a quart of

cream, boil it, then cut into it three pounds of fresh butter; let it stand till it is melted, and while it is blood-warm, mix in it a quart of ale-yeast, a pint of canary, and 20 eggs, but only 10 whites, well beaten; put six pounds of currans to the flour, make a hole in the middle, and pour in the mixture; make up the Cake by mixing it well with your hands; cover it warm, and set it before the fire for half an hour, and put it in the hoop, and bake it in a quick oven two hours: When it is cold, ice it, and paper it up.

Another.

TAKE six pounds of currans, five pounds of flour, an ounce of cloves and mace, a little cinamon, half an ounce of nutmegs, half a pound of pounded and blanch'd almonds, the like weight of sugar, three quarters of a pound of slic'd citron, lemon and orange-peel, half a pint of canary, a little honey-water, and a quart of ale-yeast, a quart of cream, a pound and half of butter melted, and pour'd into the middle of it; strew a little flour upon it, put it before the fire to rise, having first work'd it well; then put it into a hoop, with a paper floured at the bottom.

A Seed-Cake.

TAKE two pounds of flour, two pounds of fresh butter, rubb'd well in ten eggs, (leaving out five whites); three spoonfuls of cream, four spoonfuls of ale-yeast; mix all well together, and put it to the fire; and when it is risen, put in a pound of caraway-comfits, and bake it an hour and a quarter.

Another.

TAKE three pounds of flour, two pounds of fresh butter, work in the butter very well into two pounds of the flour; take 14 eggs, six spoonfuls of rose-water, half a pint of

of sack, and 18 spoonfuls of ale-yest; mix all the liquors, and strain them into the remaining pound of flour: It must be well beat together, and set before the fire to rise: When it is risen, put in that which is mixt with the butter, and four ounces of sugar, and a little salt; work it well with your hands, then put two pounds of caraway-comfits; put it into a hoop, and bake it a small time: You may try with a knife when it is enough.

Almond-Cake.

TAKE a pound of Almonds, blanch and beat them exceeding fine, with a little rose or orange-flower-water; then beat three eggs, but only two whites, and put to them a pound of sugar sifted; put in your Almonds, and beat all together very well; butter sheets of white paper, and lay the Cakes in several forms as you please, and bake them in a cool oven.

Banbury Cakes.

TAKE half a peck of fine flour, three pounds of currans, a pound of butter, a quarter of a pound of sugar, a quarter of an ounce of cloves and mace, and three quarters of a pint of ale-yest, a little rose-water; boil as much milk as will serve to knead it; and when it is almost cold, put in as much canary as will thicken it; then work it all together at the fire, pulling it to pieces two or three times before you make it up.

Ginger-bread.

TAKE four pounds of treacle; citron, lemon and orange-peel, and candy'd ginger, of each half a pound; slice them all thin, put in beaten

ginger, coriander-seeds, and caraway-seeds of each two ounces; mix them all with as much flour as will make a soft paste; lay it in cakes upon tin plates, and bake it in a quick oven.

Another way.

TAKE three pounds of flour well dry'd, a pound and half of honey, and a pound of dry six-penny sugar, an ounce and a quarter of ginger, finely beaten and sifted, mix the ginger with the flour, and melt the honey with the sugar; knead it up, and make it into what shape you please; bake it on tin sheets; half an hour will bake it. If you love it hot of the ginger, you may add another quarter of an ounce.

To make Wigs.

TAKE two pounds of flour, a quarter of a pound of butter, as much sugar, a nutmeg grated, a few cloves and mace, a quarter of an ounce of caraway-seeds, cream and yest as much as will make it up into a light paste; make it up, and set them by the fire to rise till the oven is ready; they will be baked in a quarter of an hour.

To ice a Cake.

TAKE a pound of the finest double-refin'd sugar, beat it and sift it fine, and put to it the whites of five eggs, whipp'd up to a froth; put in three spoonfuls of orange-water, a grain of ambergris; whip them all together, while the Cake stands in the oven; and when it is drawn, ice it, but you must set it in again.

FOR CREAMS, JELLIES, &c. see CONFECTIONARY.

The

The ART of PICKLING, *As well Fish, Pork, &c. as Flowers, Berries* *Fruits, Roots, &c.*

To make good Vinegar, for pickling, &c.

TAKE the middling sort of beer indifferently well hopp'd, let it work as long as possible; then fine it down with isinglass, draw it off from the settlings, and to every 10 gallons put 10 pounds weight of the pressings or husks of grapes; mash them together, and let them stand in the sun, if in a hot season, otherwise in a close room heated by fire; and in 30 or 40 days it will prove, being drawn off by inclination, an excellent Vinegar: For want of grape-husks you may use the pressings of crabs, or four apples; but they will not bring it to so good a body or taste. Foul white, or rhenish-wines, set in a warm place, will grow tart, and fine themselves to a very good vinegar; clarets, or red-port will do the same, but not alter their colour: cyder will make a tolerable good Vinegar, and so will unripe grapes, or plums, &c.

To make Alder-Vinegar.

TAKE white-wine, or good rape-vinegar, and fill a cask three quarters full with it; then gather Alder-flowers moderately blown, in a dry day; pick off the little sprigs and flowers from the greater stalks; air them well in the sun, that they may grow dry, but not so as to crumble; then put a pound of them to every four gallons of Vinegar, sewing them up in a fine rag, and stopping the cask close; let it stand in a warm place four or five days,

and at 10 or 12 days end the Vinegar will have the perfect taste of the Alder-flowers, and prove not only grateful in taste, but very wholesome.

To pickle Melons.

TAKE your Melons, and scoop them clean from the pulp; then fill them with horse-radish scrap'd, sliced garlick, ginger, nutmeg, whole pepper and mace; then take the best white-wine-vinegar, a handful of salt, a nutmeg quarter'd, whole pepper, cloves, and mace, or a race or two of ginger; boil the vinegar and spice together, and pour it boiling hot to the melons, and stop them down close two days; and when you would have them green, set them over the fire in a bell-mettle pot, in their pickle, till they are scalding hot and green; afterward pour them into pots, and stop them close down; and when they are cold, cover them with a wet bladder, and a piece of leather.

To pickle Cucumbers.

LET them lie two or three days in brine, so strong as to bear an egg; afterwards drain them well from the brine, and pour upon them the same pickle as is used with the melons, and prepare them in the same manner.

To pickle French-beans.

LET them lie a month in very strong brine, and then drain them, and pickle them in the same manner as above directed for the melons.

To

To pickle Walnuts.

WHEN they are scalded, put them into water and salt for nine or ten days; change the water every day; then take them out, and dry them with a coarse cloth, and pickle them as you do melons.

To pickle Mushrooms.

TAKE the small hard Mushrooms called buttons; cut off all the dirt from the stalks, wash them with water, and rub them clean with a flannel; then boil water and salt; when it boils, put in the Mushrooms, and let them boil till they are white; then strain them through a cloth, and put them into cold water and salt for two or three days, changing it twice a-day; after which make a pickle of white-wine-vinegar, sliced nutmeg, cloves, and mace, ginger and pepper; put them in, and stop them close up in pots or glasses.

To pickle Onions.

TAKE small white Onions, boil them in water and salt, strain them, let them cool in a cloth; make the pickle prescribed for Mushrooms; and when it is cold, put them in, and cover them down: if your Onions should mother, boil them over-again, and skum off the dross well; then let them cool, and order them as before. You may also pickle Cauliflowers in the same manner.

To pickle Beet-roots, and Turneps.

BOIL the Beets in salt and water, a pint of vinegar, a little cochineal; when they are about half boiled, put in the Turneps pared; when they are boiled enough, take them off, and keep them in the same liquor wherein they were boiled.

To pickle red Cabbage.

CUT the Cabbage into thin slices, which must be put into a pickle of vinegar and spice cold.

To pickle Barberries.

TAKE water, and colour it with the bad Barberries, and put in some salt; then boil it about half an hour; scum it; when it is cold, strain it on the Barberries; press them close into the liquor, and cover them with leather.

To pickle Flowers to be used in Salads, as Clove-gilly-flowers, &c.

TAKE an equal weight of Flowers and sugar, put them in a gallipot, and fill it with vinegar; give to every pint of vinegar a pound of sugar.

To pickle Alder, or any other Buds of Trees.

BOIL them a little in vinegar and salt, with whole pepper, long mace, a little lemon-peel cut in pieces; afterwards drain them, and let the buds and liquor cool separately; then put them together into a pot, and cover it close up.

To pickle Oranges and Lemons.

BOIL them in vinegar and sugar, and put them into the same pickle; cut them into slices. It is best to boil them in water, before you boil them in vinegar.

Another way to pickle Oranges and Lemons.

TAKE those which are free from spots, and lay them gently in a barrel; then take fair water, and make it so strong with bay-salt, that it will bear an egg, and fill up the barrel with it, and stop it close up.

To pickle Artichokes.

PUT the Artichokes in water and salt about six hours; then put them into a pot of boiling water, and continue to boil them till you can draw the leaves from the bottom; which cut smooth and clean, and put them into a pot with pepper, salt, cloves, mace, bay-leaves, and as much vinegar as will cover them;

them; then melt some butter, and pour over them enough to cover them an inch thick: Stop the pot down close, and keep it for use; when you use them, put them into boiling water, together with a piece of butter to plump them, and use them for what you please.

Another way to pickle Artichokes.

CUT off the stalks within two inches of the head, making a strong liquor of them, by boiling them in water and salt; and when it is cold, put in the Artichokes, and keep them close from the air. When you use them, lay them in warm water, and then in cold, to take off the bitterness; it is best to slice the stalks before you boil them.

To make Mango of large Cucumbers.

SCRAPED out the seeds and cores, and fill them with whole pepper, and other spice, and a clove of garlick; then tie them close, and put them into salt and water 20 hours; after which wipe them dry; boil as much vinegar with spice as will cover them, and pour it on scalding hot.

To pickle Samphire.

PICK it, and lay it in a strong brine of water and salt cold; let it lie 24 hours, then make it boil once on a quick fire, and instantly pour it on the Samphire. After it has stood 24 hours, make it just boil again on a quick fire, and let it stand till cold, when it must be unstopt, and taken up to drain. When this is done, lay it in a pot, and let the pickle settle, and cover it with the clear of it. Let it be put in a cool dry place; and if the pickle mothers, boil it once a month, and when cold, put the Samphire to it.

To pickle Pigeons.

BOIL the Pigeons with whole spice, in about three pints of water, a pint of white-wine, and a pint of vinegar; then take them

out, and let the Pigeons and liquor cool separately; then put the Pigeons in again, and keep them for use.

An excellent way to pickle Pork.

TAKE out the bones, cut it into steaks, and rub them with salt-petre; then take two parts of common salt, and one part of bay-salt, and rub every piece well with it; after which cover it with salt, and take a strong large powder-tub, the narrower and deeper the better; and strew salt at the bottom of it, and lay the pieces as close as you can, strewing salt at the sides of the tub; and as it dissolves, throw in more, and it will keep good a long time.

To pickle Oysters.

TAKE what quantity you will of pretty large Oysters, with the liquor; wash them clean from the grit, and put to every three pints of fair water, half a pint of white-wine-vinegar, half an ounce of grossly bruised pepper, an handful of salt, and a quarter of an ounce of mace; boil these over a gentle fire till a fourth part be consumed, taking off the scum; just scald the Oysters, put their own liquor into the pickle, and then put them up into little barrels or pots, and stop them very close; and they will keep, in cool places, the year round.

Another way to pickle Oysters.

TAKE large Oysters, and parboil them in their own liquor; then make a pickle of the liquor, a pint of white-wine and vinegar, mace, pepper, and salt; boil and scum it, and when it is cold, put in the Oysters, and keep them.

To pickle Salmon, and other Fish.

WHEN you have cut your Fish into fit pieces, cleanse it from the blood, by wiping and pressing it in a dry cloth; then lay it in a kettle of water that is boiling, or a tin fish-plate, so that it may be taken

taken up without breaking; and being boil'd pretty well, make a pickle thus: Take three quarts of rape-vinegar, and two quarts of water; boil it up with a little fennel and salt, till it will taste strong; scum it, and cool it; then lay the Fish in a convenient vessel, and pour the pickle to it pretty warm. The same directions you may observe with regard to Sturgeon, bating the fennel, and putting in a little more salt; also any other boil'd Fish, proper to pickle, soufe, &c. for keeping.

To pickle and collar a Calf's Head.

TAKE out the bones, and cleanse it well, wash it with eggs, and season it with pepper, salt, and nutmeg, thyme, and parsley; put on it some forced-meat, and roll it up; boil it tender, and take it out, and lay in Sturgeon-pickle, and let it lie about four days, when you may cut it in slices as you do Sturgeon.

To pickle Smelts.

LAY them in rows in a pot, and lay upon them slic'd lemon, ginger, nutmeg, mace, pepper, and bay-leaves powder'd, and salt; make your pickle of red-wine-vinegar, bruised cochineal, and salt-petre; and when it is cold, pour it on your Smelts, and cover the pot close.

To pickle Neats-Tongues.

LET the Tongues lie about a fortnight in common salt, and salt-petre; then boil them till they are tender, and blanch them; cut off the roots; afterwards put them into a pot, and pour over them a pickle made of white-wine-vinegar boil'd with pepper, cloves and mace, and a little ginger; then take it off

the fire, and put in a bit of lemon-peel, and three or four bay-leaves; and when it is cold, put it to the Tongues, and stop it up.

To make Ketchup.

TAKE a pint of the best white-wine-vinegar, put it into a wide-mouth'd quart bottle; then take 12 or 14 cloves of shallot, peel'd and bruise'd; put them into the vinegar; afterwards take a quarter of a pint, or more, of the strongest red or white-port; let it boil a little; then take 12 or 14 anchovies, wash and bone them, and dissolve them in the wine; when cold, put them into the vinegar-bottle; take it and stop it close with a good cork, and shake it: Take the same quantity of wine, or more, put into it a spoonful of white pepper, just crack'd or bruise'd; five, six, or seven races of ginger slit; half a spoonful of cloves bruise'd, five or six blades of large mace; boil them over the fire till they have receiv'd the strength of the spice; when almost cold, slice into it a couple of large nutmegs; when quite cold, put nine or ten bits of lemon-peel into it; put that also into the bottle; then take a piece of a large sound horse radish-root, scrape it thin, and put it into the bottle; stop it close, and shake it well together; shake it once a-day for 10 days; after which time you may use it, two or three spoonfuls to a pound of butter, for fish-sauce; the same quantity use to a joint of roast mutton.

See for other useful matters, on this head, the *frugal House-keeper's Directory* at the end of this Treatise.

The Complete CONFECTIONER:

Shewing the whole Art of Preserving, Candying, and Drying of Fruit of all sorts; also how to make all sorts of Creams, Jellies, Syrups, Marmalades, Conserves, &c. as well for Health as Pleasure.

IN this undertaking Sugar is the general thing you must work withal: Consider it then in its goodness, and whether you have it ready refined, or are to do it yourself; chuse that which is the best, and most weighty, quantity for quantity with others; and try it in liquors, or any other thing, weight for weight, which sweetens most; by which means you will not be deceived in the quantities.

To know when the Sugar is arriv'd to the just degrees of boiling, necessary for the several uses in Confectionary.

The degrees of boiling are five, viz. *smooth, pearled, blown, feathered, and cracked.*

THE smooth boiling.] When you dip the tip of your finger in the Sugar, and afterwards touch it with the thumb, which being drawn away, a small thread or string sticks to the finger, and the thread breaking, a drop remains upon it, and the string becomes almost imperceptible, the Sugar is a little smooth boiled; and when it stretches itself farther before it breaks, it is boiled very smooth.

The pearled boiling.] When it is boiled a little longer, try it again; and if, when the fingers are separated, the string sticks to both without breaking, the Sugar is come to its pearled quality.

The blown boiling.] Let it still continue boiling a little longer, and shake the skimmer with your hand, and beat the side of the pan; blow through the holes from one side to

the other, that the small bubbles may fly out; then it is come to the degree called blown.

The feathered boiling.] Let it still seeth a little more, and blow again through the skimmer, or shake it, and thicker and larger bubbles will arise up high, and your Sugar is become feathered.

The cracked boiling.] Dip your finger in water, and put it into the boiling Sugar; take it out quick, put it again into the water, and rub the fingers together, scraping off the Sugar, and if it break with a cracking noise, it is come to the degree called cracked.

PRESERVING.

To clarify Sugar for preserving, &c.

TAKE a convenient pan, according to the quantity of Sugar to be clarified; break an egg or two into water with the shells, stir them with a whisk, pour them on the sugar;

sugar; then set it on the fire, and stir it continually; scum it carefully as it boils; put a little cold water to it as it rises, to prevent the Sugar boiling over, and to raise the scum; add the froth of the white of an egg: When the liquor has been thoroughly scumm'd, there will be only a small whitish froth, and the Sugar will appear clear upon the spatula: Take it off the fire, and strain it through a bag, by which means it will be clarified.

To preserve Abricots in Jelly.

TAKE out the stones of 24 large Abricots; pare them, and cover them with a pound and half of fine sugar powder'd; let them stand thus six or seven hours, then set them on a slow fire; boil them till they are tender and clear; if any are clear before the rest, take them out, and put them in again till they are all become so; let them stand with paper close to them till morning, and then take a very strong codlin-jelley; boil a quart of jelley, and two pounds of sugar; make the Abricots scalding hot, pour the jelley upon them, boil them gently together; and when the Abricots rise in the jelley, put them into pots and glasses, and stop them down with papers.

Another way.

TAKE a pound of Abricots, after being stoned and pared, and one pound and quarter of double-refined sugar powder'd, and lay it amongst the Abricots; and when the sugar is dissolv'd, set them upon the fire, and boil them; strew them with sugar whilst they are boiling, and as the scum rises, take it off very clean, and turn them with a ladle as you see occasion; when they are tender, add to the syrup one quarter of a pint of pippin liquor, and the same weight of sugar; let it

boil a little, and put it to the Abricots; in order to have the liquor clear, strain it through a jelley-bag.

To preserve green Abricots.

TAKE Abricots before the stones are hard, wet them, and lay them on a coarse cloth; put to them three or four handfuls of salt, rub them till they are smooth, then throw them into scalding water; put them on the fire till they are ready to boil; take them off again, let them stand till they are almost cold; repeat this two or three times, then cover them close; when they look green, boil them till they are tender; after which take their weight of sugar, and to every pound of sugar put half a pint of water, and make a syrup, and let it stand till it is near cold; then put in the Abricots, and boil them till they are clear; warm your syrup every day till it is pretty thick.

To preserve Barberries.

TAKE a pound of Barberries pick'd from the stalks; put them into two quart pots, and set them in a bras pot full of hot water, to stew them; after which strain them, and add a pound of sugar, and a pint of rose-water; boil them together a little; then take half a pound of the best clusters of Barberries you can get, and dip them into the syrup while it is boiling; take out the Barberries, and let the syrup boil till it is thick; and when they are cold, put them in glasses or gally-pots with the syrup.

To preserve Cherries.

PICK the Cherries, and take out the stones; put to every pound of Cherries, a quarter of a pint of the juice of white currans, (first passed through a jelley-bag) and the weight of both liquor and Cherries of doubly-refin'd sugar; sift the sugar, and sprinkle it as you put them into

into the preserving-pan, which you must boil and scum, till the Cherries look clear; then put them into glasses.

To preserve green Cucumbers.

TAKE Gerkins, rub them clean; then scald them in hot water, and take the weight of them in doubly-refin'd sugar; boil it to a thick syrup, with a quarter of a pint of spring-water to every pound of sugar; then put in the Cucumbers, and set them on the fire to boil gently; repeat it two or three days, and boil them till they are tender and clear; afterwards put them in glasses.

To preserve Currans.

PUT a layer of Currans, and a layer of sugar, in a flat-bottom'd pan; boil them till the syrup is pretty thick, scum them as they boil; then take them off, and let them be cold before you put them into your glasses, which must then be close stop'd.

To preserve Fruit green.

TAKE Pippins, Abricots, Pear-plums, or Peaches, while they are green, scald them in hot water, and peel them; then put them into another water, not so hot as the first; let them boil till they are very tender, take the weight of them in sugar, and put to them as much water as will make a syrup to cover them; then boil them gently; let the syrup boil until it be thick, and when they are cold, put them together.

To preserve Golden-pippins.

TO every pound of pippins put a pound of doubly-refined sugar, and a pint of clear spring-water; set it on the fire, having first pared the pippins; take the eyes and stalks out, put them into the sugar and water, cover them close, and boil them briskly half a quarrer of an

hour; then let them cool, and boil them again as long as before; repeat this two or three times, till they are very clear, when you may cover them close.

To preserve Quinces white.

PARE and core the Quinces, to every pound of sugar and Quinces put in a pint of water; boil them together as fast as you can uncover'd. The same way you may preserve Pippins white.

To preserve Quinces white or red.

CORE and pare the Quinces, those which you would have white, put into a pail of water for two or three hours; then take as much sugar as they weigh, to which add as much water as will make a syrup to cover them; boil the syrup a little; then put in the Quinces, and let them boil as fast as you can, till they are tender and clear; afterwards take them out, and boil the syrup a little higher alone; and when it is cold put the Quinces up in pots. If you would have them red, put them raw into sugar, and let them boil gently, being close cover'd, till they are red; you must not put them into cold water.

To preserve Raspberries.

TAKE the juice of red and white Raspberries (if you have no white Raspberries, use half coaling-jelly) put a pint and half of juice to two pounds of sugar; boil and scum it; then put in three quarters of a pound of large Raspberries; boil them very fast till they are a jelly, and clear; but do not take them off the fire for a quarter of an hour after they have begun to boil fast; after which put them into pots or glasses, the Raspberries first; then strain the jelly from the seeds, and put it to the Raspberries; when they begin to cool, stir them, that they may not all lie upon the top

of the glasses; when they are cold, lay papers to them; first wet the paper, and dry it in a cloth.

To dry Abricots.

TAKE four dozen and a half of the largest Abricots, pare and stone them. cover them all with four pounds of sugar finely powder'd; put some sugar on them as they are pared, and the remainder after; let them lie four or five hours till the sugar is almost dissolv'd; then set them on a slow fire, till it is quite melted; boil them gently, and as they grow tender, take them out, and put them on an earthen plate till they are all enough; after which put those in that you took out first, and let them boil a little together; put a paper close to them, and let them stand a day or two; then make them very hot, but not to the degree of boiling; and put the paper as before, and let them stand two days; then put them on earthen-plates in a stove, with as little syrup as possible; turn them daily till they are dry; scrape off the syrup as you turn them; put paper close to them, and lay them up before they are too dry.

To dry Barberries.

STONE the Barberries, and tie them in bunches, weigh them, to every pound of berries clarify two pounds of sugar; make the syrup with half a pint of water to a pound of sugar; put your Barberries into the syrup, when it is scalding hot; then let them boil a little, and set them by with a paper close to them, the next day make them scalding hot; repeat this two days, but don't boil it after the first time; and when they are cold, lay them on earthen plates; strew sugar well over them; the next day turn them on a sieve, and

sift them again with sugar; turn them daily till they are dry. Take care your stove is not too hot.

To dry Cherries.

STONE your Cherries; to every ten pounds of Cherries put three pounds of sugar finely powder'd; shake them well together, and put them on the fire, till the sugar is well melted; then boil them a little, and let them stand in an earthen pan till the next day, at which time make them scalding hot, and when they are cold, lay them on sieves; then put them into a gentle oven, and let them stand there all night; afterwards turn them, and put them in again; and when they are dry, keep them very close in a box, with no paper between them. Your oven should be no hotter than it is when you draw out small bread or pyes.

To dry Plums.

WEIGH the Plums, and to every pound of Plums put a pound of doubly-refined sugar; scald the Plums, and take out the stones, and peel away the skins: lay the plums on a dry cloth; then wet the sugar a little, and put it on the fire; keep stirring it one way, till it boils to sugar again. Take some of this sugar and put it at the bottom of the preserving pan, and lay the plums upon it, and strew the rest of the sugar upon them; let it stand till it is melted; then make it scalding hot (but suffer it not to boil) twice a day; and when the syrup is very thick, lay them on glasses to dry, and keep them always warm, sifting a little sugar over them till they are almost dry; wet the stones in the syrup, and dry them with sugar, and put them into the plums; and when they are quite dry, put them in boxes with papers between.

To candy Cherries.

TAKE Cherries before they are ripe, stone them, and pour clarified sugar boil'd upon them.

To candy Abricots, Pears, Plums, &c.

CUT your fruit in half; then put sugar upon them, and bake them in a gentle oven close stopt; let them stand half an hour; lay them one by one on glass plates to dry.

S Y R U P S.

Barley Cream, for the heat of the lungs, and to be taken in any hot illness.

TAKE a quarter of a pound of Barley; wash it well, and boil it in fair water, and when the water becomes red, shift it into hot water, and do this till the water change to red; put to it one fenel root, two or three parsley roots scraped, and the pith taken out; boil it till it is thick like frumenty; take it off, put it into a bason, and let it stand all night; take a quarter of a pound of almonds, blanch them in cold water, and grind them in a mortar with five or six spoonfuls of boil'd barley with the liquor, till the almonds be very small, and strain it with the water following: Take violet leaves, cinquefoil, strawberry-leaves, endive, of each a like quantity, in all a great handful; boil these together in fair water, with a liquorice-stick clean scraped and bruised; when it is boil'd well, strain the almonds, and the barley will seem to make a pint of cream; when it is strain'd, add to it three or four spoonfuls of red rose-water and sugar enough to make it sweet; drink thereof warm in the morning, afternoon, and at night going to-bed. You must drink it leisurely, and this will be sufficient for one day. The rest of the boil'd barley will serve twice or three times more.

A Candle good for those that are troubled with a great drought.

TAKE a pint of white-wine, or Rhenish wine, and a pint of water; mix them together, and strain them with as much oatmeal as will make it white; boil it the space of half an hour, and add a grated nutmeg, and as much sugar as will sweeten it. Let the patient take it at pleasure, and it will help him in a short time.

Syrup of Vinegar, good to cool in a fever, or any other sickness, and to break choler.

TAKE a fenel-root of a year's growth, four parsley roots of a good bigness; if they are small, take as much as will be equal to the fenel-root, and as much succory-roots, and two great yellow dock-roots; take out the piths of them all, and seeth them in a pottle or a gallon of water: add thereto violet-leaves, young mallows, and endive, of each a handful; seeth them all, till three pints of the water are consum'd; strain it and let it settle; then take the clearest of this water, and to every quart put a pint of the best white-wine Vinegar, and a pint and half of honey, and seeth and scum it, till it come to a syrup; put it into a glass, and use it at pleasure; and when you use it, take of the syrup and orange water, or clean water boil'd, of each alike. If you like not honey, put instead thereof

one pound of sugar for every pint of honey.

Syrup of Roses, to purge Choier.

PUT a gallon of fair water into a pipkin with a cover, into which thrust as many Damask rose-leaves as you well can: when it seeths, take it from the fire, cover the pot close, let it stand till next day; then strain it out hard, and set the water on the fire till it is boiling hot, and put in again as many Rose-leaves as will drink up the water; repeat it every day, until the water come to a pint and a half; put the water into a pipkin or gallipot, and set it over the fire, and boil it; put thereto a pound and half of sugar; scum it, and boil it to a thick syrup; when it is cold, put it up, and keep it for use. Give a child a spoonful, a grown person two or three spoonfuls.

Syrup of Coltsfoot.

TAKE Coltsfoot six handfuls, maidenhair two handfuls, hyssop one handful, syrup of liquorice two drams; boil them in a pottle of spring water, till a pint is consumed; then strain it, and clarify it with whites of eggs. In clarifying, add two pound of powder-sugar, and boil till it comes to be almost as thick as honey.

Syrup of Clove July-flowers.

TAKE of fresh-gathered red Clove July-flowers, clipped clear from their white heels, sixteen ounces, cloves two scruples, boiling spring-water a quart; let them steep together in a mild heat for a night; then strain off the liquor, and add thereto three pounds of white sugar, boil'd up to the consistence of lozenges; dissolve it in a bath-heat, and make the whole into a syrup, without boiling, according to the rules of art. It is cordial.

A balsamick Syrup for coughs, and to open the stomach.

TAKE of balsam of Tolu six drams, spring-water 20 ounces; boil them together, without taking off the scum that rises, to 12 ounces; then with 21 ounces of the best refined sugar, make it into a syrup without further boiling; and when it is grown cold, strain it off.

Syrup of Mulberries.

TAKE of the juice of Mulberries (become clear by settling) a quart, and with four pounds of white sugar make a syrup of it, by gentle boiling.

Syrup of Violets.

TAKE of the fresh-picked flowers of Violets a pound, Florentine orrice-root half an ounce, boiling distilled common water two pints and half; let them stand in infusion with a gentle heat, in a closed glass-vessel for a day; then press out the liquor, in a quart of which dissolve four pounds of sugar; take off the scum as it rises, and make a syrup.

Syrup of Marsh-mallows.

TAKE of the fresh roots of Marsh-mallows two ounces, those of parsley an ounce, liquorice-root, the tops of Marshmallows and mallows, figs each half an ounce, stoned raisins two ounces, sweet almonds blanch'd an ounce; let all these steep together for a day in three quarts of clear barley-water; then boil it to two quarts; after which press out the decoction, and in the liquor, grown fine by standing, dissolve gum Arabic an ounce, fine sugar four pounds, and make a syrup thereof with the requisite art.

Syrup of Buckthorn.

TAKE of the clear juice of Buckthorn-berries not too ripe, after
it

it has stood to settle, a quart; and with two pounds of white sugar, make it into a syrup in *balneo Maria*, according to art. N. B. Care must be had, that the true *Buckthorn* be taken, because other berries are often deceitfully gathered for it, as the *Berry-bearing Alder*, the *Cornelian Cherry*, and others: and this may be known by the number of seeds; for the *Buckthorn* has generally four, whereas the *Alder* has but two, and the said *Cherry* no more than one.

This may be used instead of the Syrup of the five opening roots.

TAKE of the bark of the roots of fenel and parsley, each 8 ounces, spring water three quarts, digest in a moderate heat for a night; then boil them together till a quart be evaporated: to three pints and a half of the clear decoction strongly pressed out, add vinegar half a pint, fine sugar six pounds, and boil the whole with the requisite art into a syrup.

Of JELLIES, and how to make them.

JELLIES are very strengthening and nourishing, as carrying the whole strength of the thing they are made of, in them; and many of them may be made with little cost. Their proper meats to be made on are these, *viz.* 1. Three pair of Calves feet; 2. A well-fleshed Capon, not very fat, and a Knuckle of Veal; 3. A pair of Calves feet, half a pound of Ising-glass, and a well-flesh'd Capon; 4. A Knuckle of Veal, and an old Cock; 5. A Pullet, and a quarter of a pound of Hartshorn; 6. A Capon only; 7. A Cock or Capon with Ising-glass; 8. Jelly of Hogs-feet; 9. Sheep's feet, Lambs feet, or Calves feet. Now to make these into proper Jellies, I shall give you one example for all, as to what relates to Flesh Jellies, *viz.*

TAKE Calves feet well scalded, pare the bottoms, and take out the long shank-bones, lay them to soak in water four or five hours; boil about a dozen of them in two gallons of spring water, continually, as they boil up, taking off the scum, till about the fourth part of the water be consumed; then strain it through a Jelly-bag or a thick linen cloth, and let it cool; then take the clearer part from the settlings, pare off the top, and melt it; then put it into an earthen vessel,

adding white-wine, ginger, mace, cinamon, and the whites of eggs, little or more proportionably to the Jelly you make; then add some juice of lemons, and sugar, to season it; boil it leisurely, and strain it again; then eat it alone, or serve it up with meats, or any other things that require Jellies of this kind. And so by boiling the other meats to mash, according to these rules, you may make curious strengthening Jellies of them.

How to make Jellies of several sorts of Fruits.

THE Fruits proper for these are, 1. Currans; 2. Quinces; 3. Apples; 4. Pears; 5. Plums; 6. Raspberries, Strawberries, and the like; and to make these, I shall, for brevity's sake, give you one general Example, *viz.*

Jelly of Apples.

TO do this, pare the siffer sort of pleasant-tasted Apples; and

slice them very thin, taking out the cores and seeds; boil a pound of them in a quart of water, till a

fourth part be consumed; then strain it well, and to every pint and half put three quarters of a pound of sugar, with a little mace or cina-

mon, and boil it up to a thicknes, adding a quarter of a pound of ising-glass; strain it again, and put it up for use.

This and all other Jellies of Fruits, are cooling and wholesome; and are taken with success in hot diseases, and are very refreshing at all times; and by this rule you may make Jelly of any fruit. You may mix, if you please, Wine, Cream, or Milk with them; and scent them with Rose, Orange, Citron, or any pleasant-scented waters.

To make Jelly-broth.

TAKE any of the Meats mentioned for Meat-Jellies, put a quart of white-wine to two quarts of water, and a pound and half of sugar, six eggs, two nutmegs thinly sliced, two races of ginger, a quarter of an ounce of mace, and a little cinamon grossly bruised; boil it up as the Calves-feet Jelly, strain it, and scent it with a little ambergris, or musk; season it with lemon or orange-juice, and it will be excellent.

To make Oyster-Jelly.

THIS may be properly called, a Jelly of divers sorts of Fish, and may serve in general for *Fish Jelly*.

To make it, Take 10 pretty large flounders, two small pikes or plaice, and four ounces of ising-glass very well cleansed; boil them in a large earthen pipkin, with two quarts of spring water, and as much white-wine, adding slices of ginger, and blades of mace, and so boil them up to a Jelly; strain it thro' a Jelly-bag into a pretty deep dish, and when cold, pare off the top and bottom, and put it into a pipkin, with three or four spoonfuls of the juice of lemons; season it with fine sugar beaten with the whites of eggs; then stew a quart of large Oysters, in a pint of white-wine and their own liquor; add some spices, as mace, ginger, and cinamon, with pomgranate-kernels; put

these, when well jellied, to the former, heat them, and run them thro' a bag, and keep it as an excellent Jelly, three or four spoonfuls being sufficient for a day on urgent occasion.

Harts-horn Jelly may be made thus:

TAKE half a pound of Harts-horn shavings, an ounce of ising-glass; pull it in pieces; put these into five pints of spring-water, boil it to little less than a quart, over a gentle fire; strain it, and let it stand all night to settle; melt the Jelly; squeeze in two large lemons and a half, the whites of seven eggs, half a pint of white Mountain wine, and sweeten to your taste with doubly-refin'd sugar; then put all these ingredients upon the fire, stir it pretty much till it boils; boil a very little, then stir it well together, and strain it through a Jelly-bag; let it not run very fast; if it does, put it in again; put lemon-peel into the Glasses: this quantity will make a dozen and half of glasses.

To run Colours.

TAKE several small pipkins, and put into them strong Jellies ready season'd; take also muslin rags, some with cochineal bruised, others with saffron; spinach juice tie therein, and put them into the pipkins; and as you would have the colours rise, fine them with the whites of eggs, and run them through several bags.

MARMA-

MARMALADES.

To make Marmalade of Apples.

SCALD the Apples in water till they are very tender; then take them out, and drain them, and strain all through a sieve, and then boil the sugar till it is very much feather'd; put three quarters of a pound to every pound of fruit, temper the mass very well, and dry it on the fire, let it simmer, and pour the Marmalades into the pots and glasses; strew sugar over it. After the same manner you may make Marmalades of Pears.

To make Marmalade of Abricots.

BOIL five pounds of ripe Abricots in two pounds of sugar pearled-boil'd; scum it, till no scum arises; take them off the fire, and let them stand and cool; then set them on the fire to dry and break; afterwards take three pounds and a half of cracked-boil'd sugar; incorporate it with the paste, and let them simmer together a little; after which put into pots, strewing them with sugar.

To make Marmalade of Cherries.

TAKE as many Cherries as you please; set them on the fire in a copper pan to extract their juice; then drain them; bruise and pass them thro' a sieve; put the Marmalade into the pan again, and dry it upon a brisk fire; keep it stirring, and turn it with a wooden spatula till it is quite dry, and begins to stick to the sides of the pan; then put a pound of greatly feather'd sugar to every pound of fruit; simmer them all together, and put it into pots, and strew it with sugar.

To make a Marmalade of Currans.

STRIP the Currans from the bunches, soak them in boiling

water, till they break: take them off the fire, and then put them into a sieve to drain; and when they are cold, press them through the sieve to clear off the grains; dry them on the fire, till you have brought the sugar to its cracked quality, allowing an equal weight of fruit and sugar; let them simmer, and mix them well together, and put them into pots.

To make Marmalade of Quinces.

TAKE Quince-liquor, and to every pint of liquor put a pound of fine sugar; then take your Quinces, pare and slice them, and put in as many as the liquor will cover; boil them to a jelly, when they will turn red; during which keep the skellet close cover'd, and then put them into glasses.

To make Orange-Marmalade.

TAKE three pounds of Seville Oranges, and the same weight in doubly-refin'd sugar; cut the Oranges in halves, and squeeze out all the juice and pulp, and boil the Orange-peels in five or six waters (the waters you put them in must all be hot, except the first); when they are tender, and not bitter, with a fork pick out the strings that are in the inside of the peel; cut the peel in long narrow pieces; strain the juice of two Oranges more to them; then put the peels, juice and sugar, into the preserving-pan, and boil it near half an hour; when it is almost enough, squeeze in the juice of two lemons, clear from seeds and pulp.

Scrape the Oranges before you cut them, that they may be smooth.

CONSERVES.

Conserve of Hipps.

TAKE any quantity of Hipps, before they are quite ripe; let them be opened with a knife, and cleared of their hair and seeds, then kept till they grow soft, and afterwards let them be bruised and pulped through a sieve, and with double their quantity of sugar reduce them to a Conserve.

Conserve of red Roses.

TAKE of red Rose-buds one pound, bruise them with a wooden pestle in a marble mortar, adding by degrees of white lump sugar powdered and sifted, three pounds; continue beating them, till no particles of the Roses can be seen, and till the whole becomes a similar mass.

Conserve of Orange-peel.

TAKE any quantity of the yellow part of fresh Seville Orange-peel; steep it in water, in a moderate heat, till it becomes soft; then

strain the water from it, and let it be bruised and passed through a sieve: afterwards bring the pulp to a proper consistence, over a gentle fire; then add thereto thrice its quantity of sugar, and let it be reduced into a Conserve, by beating it in a mortar. It is a good stomachic and expeller of wind; gives ease in the colick; proves of service in the jaundice; kills worms, and tho' it is heating, checks the menstrual discharge.

Conserve of Quinces.

CUT away the rinds, cores and seeds of Quinces; then cut them into small pieces, to the weight of eight pounds; boil them till they are soft, and then put to them fine loaf sugar six pounds; boil them to a consistence. This Conserve is of service to recover the appetite, and against a diarrhoea; it also prevents abortion.

The ART of DISTILLERY;

Shewing how to make a great Variety of the most wholesome Cordial Waters.

WE shall principally in this Article regard the Health of our Readers; for 'tis certain that all spirituous liquors do great mischief to the constitution of human bodies, when taken otherwise than medicinally, or as cordials; whereas when they are used as such, they give great comfort and relief in particular ailments; and for this reason we shall generally point out the cases in which they are respectively beneficial.

Walnut Water.

TAKE green Walnuts in the beginning of June; beat them in a mortar, and distil them in a cold still and keep the water by itself:

Then about Midsummer gather some more, and use them as you did the first, and keep that also by itself: gather your Walnuts a third time, a fortnight after Midsummer, and

and use them in the same manner. Then take a quart of each, mix them together, and distil them in a glass-still, and keep it for use. It is deemed good in paralytical and dropical disorders.

To make Dr. Stephens's Water; from a Receipt he himself gave (a little before his death) to the Archbishop of Canterbury.

TAKE cinamon, ginger, nutmegs, grains of paradise, cloves, aniseeds, fencel-seeds, caraway-seeds of each two drams; sage, chamomile, marjoram, lavender, of each a small handful; mints, roses, pellitory of the wall, rosemary and thyme and wild thyme, of each a small handful; break the spices fine, bruise the herbs small, and put them into a gallon of Bourdeaux red-wine, and let them stand 24 hours, stirring them; then put them into a limbeck, and keep the first water by itself, for it is best; the second water is good, but not equal with the first. It comforts the spirits, and helps all diseases that arise from cold: it kills worms in the body, and comforts the stomach. With this water the old Doctor preserved his life till he was not able to go nor ride, having kept his bed five years, when all other physicians thought it impossible for him to live one year: he owned before his death, that he never used any other physick but this. It will be the better if you set it in the sun in the summer.

Aqua Mirabilis.

TAKE melilot, cardamum, cubebs, gallingale, cloves, ginger, mace, nutmegs, of each a dram; the juice of celandine, half a pint; mingle all these together, bruised to powder with the juice, and a pint of *Aqua Vita*, and three pints of white-wine; put them together into a

glass-still; let it stand all night, and in the morning distil it with a very gentle fire. It is excellent against the palsy, and very restorative. In the summer one spoonful may be taken in a week, fasting, and in the winter two spoonfuls.

Cinamon Water.

TAKE a quarter of a pound of Cinamon, three quarts of malmsey, a dram of ginger, half a dram of long-pepper, a pound of sugar, a pound of dates, a pint of red rose-water, aniseeds and coriander-seeds, of each half a dram; steep them in the water three or four days, and distil them all in a limbeck. It is a Water of singular efficacy against scouring, lowness of spirits, and weakness; taking now and then a spoonful or two, especially when occasion requires.

Baum-Water.

TAKE two gallons of strong ale, and a quart of sack, four pounds of young Baum-leaves, shred them; aniseeds and liquorice, of each a pound, beaten to powder; put them all into the ale and sack; let them steep 12 hours, and then put them into a limbeck, and distil it.

Cherry Water.

TAKE a pottle of claret wine, four pounds of common cherries, a handful of rosemary, a handful of Baum, two ounces of cinamon broken in sticks, one dram of nutmegs, quarter'd; steep them all in an earthen pot all night; the next morning distil them in an ordinary still, and keep a pretty quick fire under them; after it is distilled, put to every quart of water four ounces of white sugar-candy, and hang a bag with a little musk and ambergris; stop it close, and set it in the sun as you do other waters. It is good in any weakness or fevers, where other hot waters cannot be given,

given, to comfort the stomach and spirits.

A good Water to be drank in a Fever.

TAKE a quart of red-wine, and a quart of milk; distil them together. The patient may drink plentifully of it, and it will allay the heat, and bring the body into a good temper.

Rosemary Water.

TAKE three quarts of Rosemary flowers, one quart of cowslip flowers, half a pound of dates, two drams of nutmegs, half a pound of clove July-flowers, and half a pound of cinamon, two ounces of raisins of the sun stoned; bruise the cinamon, and slice the nutmegs and dates; steep them with the flowers all night in six quarts of sack; the next day distil them in a limbeck, and draw away three quarts of water with a slow fire; put into your receiver one pound of white sugar-candy. You may put the first and last runnings together, and keep the middle by itself.

Dr. Butler's Treacle Water.

TAKE harts-horn shaved one ounce; boil in three pints of spring water to a quart; then take roots of elicampane, gentian, cypress, tormentile, of each one ounce; carduus benedictus, angelica, of each one ounce; borage, bugloss, rosemary-flowers and marygold flowers, of each two ounces; citron-peels one ounce; cowslip-flowers two ounces; clove July-flowers, lavender tops, sweet marjoram tops, of each two ounces; Venice treacle one pound dissolv'd in six pints of rich sack or white-wine, and three quarts of red-rose water; infuse all the ingredients 24 hours in a clean earthen vessel stop'd close; then distil it in a common still well luted (there will be enough for two stills,

unless your still be very large). It will take near 28 hours in the operation: The first running is best, and you may draw a quart off, and of the next draw as long as you find taste or smell. The dose of the first is two spoonfuls; the other three spoonfuls at a time: The weakest is for young children.

A Water for weak stomachs, small-pox, measles and surfeits, in great esteem with Queen Elizabeth.

TAKE sage, celandine, rosemary, wormwood, dragon, mugwort, pimpernel, scabious, agrimony, balm, scordium, centory, carduus, betony, rosa solis, of each one handful; angelica roots, gentian, tormentile roots, zedoary roots, and liquorice, of each an ounce; slice the roots, and shred the herbs, and put them all together into a gallon of white-wine; cover them close, and let them infuse for 48 hours; then distil them in an ordinary Still, and keep the top of the Still cold with wet cloths; draw off three quarts, keep each quart by itself. When you take it, sweeten it with sugar; give a child two spoonfuls of the first or second drawing, or four of the last drawing: To grown persons give double the quantity.

Juniper Water.

TAKE the best Juniper-berries 12 ounces, proot spirit of wine three gallons, a sufficient quantity of water, and distil them. You may sweeten it with sugar. It is an excellent remedy against wind in the stomach and bowels; it powerfully provokes urine, and is therefore a good diuretick in the gravel and the jaundice.

Compound Wormwood Water.

TAKE the outward fresh rinds of lemons one pound and a half, orange-peels one pound, tops of dried Wormwood, Winter's cina-

mon,

mon, of each half a pound; flowers of chamomile four ounces, lesser cardamums not husk'd, cloves, cubebs, camels-hay, of each one ounce; cinamon, nutmegs, caraways, of each two ounces; spirit of wine six quarts, spring water four gallons and a half; digest for three days, then distil in *balneo Maria* to dryness. It is an excellent stomachick water, and a good cordial.

Simple Wormwood Water.

TAKE Wormwood dried one pound, caraway-seeds bruited four ounces, spirit of wine three gallons; infuse them, and distil them, and then put in one pound and half of sugar, and keep it for use.

Hungary Water.

TAKE flowers of rosemary 20 ounces, rectify'd spirit of wine three pints; let them infuse some days, and then draw off as much as there was spirit put in.

To make compound Piony Water.

TAKE of the roots of Piony fresh gathered, 18 ounces; of bitter almonds, six ounces; of the leaves of rosemary, rue, wild-thyme, and flowers of lavender dried, each three ounces; of cinamon, cubebs, seeds of angelica, coriander, caraway, anise, each half an ounce; rectified spirit of wine, one gallon; water, five gallons. Draw off by distillation, three gallons. 'Tis good in all nervous cases.

Spirit of Wine with Camphire.

IS made by dissolving half an ounce of Camphire in a pint of rectified Spirit of Wine.

An excellent Cordial Water.

TAKE peels of dry'd citrons and oranges, nutmegs, cloves, cinamon, of each two ounces; roots of cypress, Florentine orrice, *calamus aromaticus*, of each one ounce; zedoary, galingales, ginger, of each half an ounce; tops of lavender and

rosemary, of each two handfuls; leaves of bays, marjoram, mint, sage, thyme, of each one handful; fresh flowers of white and damask roses, of each one handful and a half; infuse them in two quarts of damask rose-water, and one gallon of brandy; distil them, and draw off five quarts. It is a very good cephalick, and a convenient julep in all nervous cases: It is also a pleasant dram, and very good upon any sudden sickness of the stomach.

Compound Horse-radish Water.

TAKE the leaves of both the scurvy-grasses, fresh gather'd in the spring, of each six ounces; bruise them, and press out the juice, and add the juices of brook-lime and water-cresses, of each a pint and a half; of horse-radish root two pounds, arum-root fresh six ounces; Winter's bark and nutmegs, of each four ounces; lemon-peels dry'd two ounces, French brandy two quarts; draw off by distillation one gallon. It is good against all obstructions of the kidneys and viscera, and prevails against the jaundice, weakness of constitution, and dropsies, and is of great service in all scorbutick cases. The dose is from half an ounce to three or four ounces, unless at first distilling, and then it must be diluted by some proper vehicle. You must fix the worm close to the receiver by a bladder, to prevent spirits flying away.

Cardamum Water.

TAKE pimento, caraway, and coriander-seeds, lemon-peels, of each four ounces; proof spirits three gallons; a sufficient quantity of water; distil and sweeten with sugar, one pound and a half. It is a cheap and good cordial, and may be used in all cases where a stomachick cordial is necessary.

Nut-

Nutmeg Water.

TAKE Nutmegs bruised, half a pound; caraway-seeds, or orange-peels, an ounce; spirit of wine rectified, three gallons, with a sufficient quantity of water; distil and sweeten it with two pounds of loaf-sugar. It is a most excellent cephalick and stomachick cordial; it helps the memory, and strengthens the eye-sight.

Aqua Maria.

TAKE sugar-candy one pound, canary half a pint, rose-water four ounces; boil them to a syrup, and mix it with *aqua coelestis* two pints, ambergris and musk, of each 18 grains; saffron 15 grains, yellow sanders, infus'd in *aqua coelestis*, two drams; let it settle, and decant the liquor off fine by inclination. It is a good cordial, and raises the spirits, and it is good in all sinkings and nervous decays. Take from two drachms to one ounce.

Aqua Coelestis.

TAKE cinamon one ounce, ginger half an ounce; of all the sanders, of each six drams; cloves, galin-gales, nutmegs, of each two drams and a half; mace, cubebs, of each one dram; cardamums the greater and lesser, of each three drams; zedoary half an ounce, seeds of fennel-flowers three drams; of anise, fennel, wild-carrot, basil, of each one dram and a half; roots of angelica, avens, liquorice, valerian, *calamus aromaticus*, leaves of clary, thyme, calamint, penny-royal, mint, mother of thyme, marjoram, of each two drams; flowers of red roses, sage, rosemary, betony, stoechas, borage, bugloss, of each one dram and a half; citron-peels three drams; bruise them to a gross powder all together; infuse them two or three weeks in six quarts of spirit of wine; then draw off as

much by distillation, and add to the water *species diambra*, *aromaticum rosaceum*, *diamoschus dulcis*, *diarrhod. abbat.* and electuary of gems, of each three drams; yellow sanders two drams; ambergris and musk, of each one scruple; *julapium rosatum* one pound. Let them stand one month, frequently shaking the vessel, and then decant it for use.

Alexiterial Milk Water.

TAKE the leaves of meadow-sweet, *carduus benedictus*, and goats, of each six handfuls; mint and wormwood, of each five handfuls; rue three handfuls, angelica two handfuls; bruise them all, and pour three gallons of new milk upon them: distil in a sand-heat.

Milk Water.

TAKE wormwood, spear-mint, balm, of each one pound; *carduus* two pounds, cut small; two gallons of milk; distil them gently. It is good to quench thirst in fevers.

Mint Water.

TAKE Mint two handfuls, two gallons and a half of proof-spirits, one gallon of water; distil them, and sweeten with sugar one pound and half.

Compound Scordium Water.

TAKE the juices of goats rue, sorrel, scordium, and citrons, of each one pint; London-treacle two ounces; digest three days, and then distil off the water: Or take the herbs before mention'd, and put into an alembick, with a sufficient quantity of water, and one quart of spirit of wine; draw off about a gallon. This last will keep longer than the former method. It is an excellent sudorifick, and if join'd with an acid is preferable to treacie water.

Rosa Solis.

TAKE Rosa Solis clean pickt, one pound and a quarter; cinamon, cloves, nutmegs, each one ounce; marygold one quarter of a pound, caraway-seeds three ounces, proof-spirits three gallons, water two gallons; draw off your proof-spirits, and in a quart of liquor put four ounces of liquorice sliced, raisins ston'd one pound, red sanders four ounces; infuse upon hot ashes to a due extraction of their virtue; strain and dissolve therein white sugar, one pound and half; which when cold mix with the proof-spirits, and keep it for use.

Aniseed Water.

TAKE Aniseeds six ounces, caraway-seeds three ounces, proof-spirits three gallons, spring water one gallon and half; infuse them all night in the Still, and draw off with a gentle heat, no more then runs proof; sweeten with brown sugar two pounds.

To make right Usquebaugh, according to the Receipt of that, which was made for the Use of King William III. when in Ireland.

TAKE ten gallons of a good brandy-spirit, made from strong beer, and some new malt; aniseeds one pound, cloves two ounces, nutmegs, ginger, and caraway-seeds, each four ounces; distil them into proof-spirit, according to art: Then add to the liquid part Spanish liquorice, raisins of the sun stoned, of each two pounds well bruised; dates stoned, and the white skin taken off, four ounces; cinamon the like quantity; keep them four days in a close vessel, well stopped; and at the end of three days add three grains of musk and ambergris, dissolved and dulcified with five pounds of Nevis-sugar; stir them well at times, ten days, and strain

the liquid part through a flannel, fixed on a sieve, or any other convenient place; fine it down with whites of eggs and flour. Some there are who only draw it off the lees into other casks, that keep it when fine. And thus, as you would have it richer or weaker, you may take better or worse spirits, or more or less of the ingredients, tho' the way of making and ordering is the same.

To make good Usquebaugh.

TAKE nutmegs, cloves, cinamon, of each half an ounce; aniseeds, caraways, coriander, of each one ounce; liquorice sliced two ounces, proof-spirits three gallons, a sufficient quantity of water; macerate and distil, hanging at the end of the worm saffron tee'd, half an ounce; which frequently squeeze out, till all its tincture is spent in the distill'd liquor, and sweeten it with two pounds of fine sugar.

Surfeit Water.

TAKE centaury, marigold flowers, mint, rosemary, mugwort, scordium, rue, carduus, balm, dragons, St. John's-wort, of each two handfuls; roots of angelica, butter-bur, piony, scorzonera, of each seven ounces; *calamus aromaticus*, galin-gale, angelica-seeds, caraway-seeds, of each ten drams; ginger six drams, red poppy flowers three handfuls, proof-spirits three gallons, water one gallon and a half; macerate, distil, and sweeten with fine sugar one pound and half, and keep it for use.

White Clove Water.

TAKE Winter's-bark six drams, pimento one ounce, cloves two drams; bruise them, and infuse all night in proof-spirits three gallons; a sufficient quantity of water; draw off the spirits, and sweeten with one pound and a half of fine sugar.

Red

Red Clove Water.

TAKE Cloves bruised six drams, Jamaica-pepper an ounce and a half, proof-spirits three gallons, a due quantity of water; macerate and distil as long as it runs proof; sweeten it with two pounds and a half of brown sugar or treacle, colour it with five or six pints of alder-juice, to the colour of claret.

Caraway Water.

TAKE Caraway-seeds bruised, one pound, proof-spirits three gallons, water one gallon and a half; draw off, and sweeten with one pound and a half of sugar.

Another.

TAKE Caraway-seeds bruised half a pound, lemon or orange-peel dried six drams, spirits three gallons, a due quantity of water; distil and sweeten with two pounds of sugar.

Citron Water.

TAKE best lemon-peel bruised 18 ounces, orange-peel nine ounces, nutmegs bruised one quarter of a pound, strong proof-spirits three gallons, water two gallons; macerate and distil them; then sweeten it with two pounds of doubly-refined loaf sugar, and keep for use.

To make an excellent Plague Water.

TAKE of the roots of angelica, fresh dug up, nine ounces; zedoary, the leaves of rue, mint, and rosemary, juniper berries, and Venice treacle, of each an ounce and half; Virginia snake-root, seeds of angelica, each six drams: Add thereto rectified spirit of wine one gallon; water four gallons: Draw off three gallons.]

Gold Cordial.

TAKE best brandy three pints, confection of alkermes half an ounce, oil of cloves ten drops, loaf sugar six ounces, musk and ambergris tied in a rag, of each three

grains; infuse them all together in a large glass-bottle, close corked, and shake it every day; filtre or decant off the clear liquor, adding six leaves of gold thereto. It is a great cordial, and prevents faintings, swoonings, and sickness at stomach, and is good in nervous cases.

Ratifa.

TAKE melasses brandy three gallons, nuts two ounces and a half, bitter almonds one pound and a half; bruise them, and infuse in the brandy; add ambergris three grains, mixt with fine Lisbon sugar three pounds; infuse them all for seven or eight days, and then strain off for use.

A strong Palsey Water.

TAKE the spirits of five gallons of the best old sherry-sack, distilled in a limbeck; take cowslip-flowers, the flowers of borage and bugloss, and of the lilies of the valley, of each one handful; take also rosemary-flowers, sage and betony-flowers, of each one handful; take each flower in their season, and so put into some of the spirits aforesaid, in an open-mouth'd glass of near a quart, for that will hold them all, with the spirits, 'till you are ready to distil the water; but this, and the rest of the spirits, must be most carefully stoppt till you use it: Take lavender-flowers in their season, strip them clean from their stalks, and fill a wide-mouth'd gallon glass with them; pour into them the remainder of your spirits; then stop them close with cork and bladder, (as before) and let them stand six weeks to digest in the sun; then put all together, these and the first steep'd flowers, with all the spirits in both glasses; add also balm, motherwort, spike-flowers, bay-leaves and orange-leaves, if to be had, of each an ounce, cut small,

small, and put to the former flowers and spirits: Distil all these together in a limbeck; make three runnings of it; first a quart glass, which will be exceeding strong; then a pint glass, which will be almost as good; lastly, receive from it a pint glass full, or as much as runs strong; for when it runs weak, which you may know by taste and colour, which will be whiter, let it run no longer: Put your three runnings all together; then take citron-peel, the out-side yellow rind, or lemon-peels thin pared, also pine-seeds hull'd, of each six drams; of cinamon one ounce; of nutmegs, mace, cardamums, cucubies, and yellow sanders, each half an ounce; of lignum aloes one dram; make all these into a gross powder, putting among them also half a pound of jujubes new and good, being ston'd, and cut small: Put all these ingredients into a white sarsenet bag, to be hung in the water aforesaid: Take also of prepar'd pearls, two drams; of prepar'd smaragd a scruple; ambergris, musk, and saffron, of each a scruple; of red roses, well dry'd and sweet, 1 ounce: These may be put into a little bag by themselves, and hung in the spirit as the other; close it well, that no air gets in, for six weeks; then take out the water, and press the bags dry; keep the water in narrow-mouth'd glasses close stop'd.

The Use of the Water.

'Tis so strong and powerful, that it cannot be taken alone, but must be dropt on crumbs of bread and sugar by any one, for prevention: Take first and last, about a quarter of a spoonful, and at four in the afternoon: Fast always before and after it a full hour at least. 'Tis of exceeding virtue in all swoonings, weakness of heart, and decay'd spirits, in all palseys, apoplexies, both

to help in, and prevent, a fit; 'twill also keep all cold dispositions off the liver, restores lost appetite, and fortifies and strengthens the stomach; 'twill alone cure a dropsy, if taken at first, and the patient be kept from small and cooling liquors.

A second Palsey Water.

WHEN the first Water has run what is strong, there will be some small Water at the bottom of the limbeck; pour it out from the herbs and flowers, and drain them; put them into a gallon of the best sherry; so let them stand close stopp'd five weeks; then distil them, and let it run as long as it continues strong; then pour it into the glass where the sarsenet-bags are, and let them be in this second liquor close stopp'd six weeks; then you may use it as the former, with bread and sugar; for though this is not so powerful as the former, 'tis too strong to take alone. Both these are good to bathe outwardly the part affected with weakness by palsey, and generally help any violent pains or aches that any part is vexed with; but because batheing wastes most, and this sort is less costly, they commonly use this second sort for that.

A good Cordial for the Spleen.

TAKE four ounces of harts-horn, one ounce of cardamums, one ounce of cinamon, one ounce of saffron, two handfuls of red sage, as much balm; steep these twenty-four hours in two quarts of sack, or as much good brandy, which you please; distil it in a cold still as quick as you can, and let it drop on four ounces of sugar-candy. Drink of this, when low-spirited.

A Snail Water, good in Consumptions and Jaundice.

TAKE a peck of large shell-snails, lay them on a hot hearth before

fore the fire; let them lie till they have done hissing and spitting; then wipe them from the froth, and break them in a mortar; have a quart of earth-worms, slit and scour'd clean with salt and water; beat them with the snails; then take angelica, celandine, wood-sorrel, agrimony, bear-foot, barberry-bark, great dock-roots, of each two handfuis, rue half a handful, rosemary-flowers one quart, half a pound of harts-horn, turmerick and fenugreek of each two ounces, half an ounce of powder'd saffron, and three ounces of cloves fresh beat; shred these ingredients, and infuse all in three gallons of strong ale, for twelve hours; then distil it, and draw off what runs good, and take three spoonfuls of this in a glass of sack or white-wine, an hour before every meal; use moderate ex-

ercise with it. 'Tis highly recommended.

A Poppy-Water for Surfeits and Over-eating.

BREW ten gallons of strong ale-wort; when 'tis cool, work it with yeast, and add as many fresh red Poppies as the wort will conveniently wet, so that you may stir it daily; let the Poppies infuse in this wort three days and nights; then draw it off in a limbeck as quick as you can, 'till the whole is distill'd off; mix the small and strong together, and take a glass at any time, with or without sugar, after a full and disgusting meal. 'Tis not much stronger than a simple water, but has done great things this way.

See more of CORDIAL WATERS, &c. under the Article STOMACH, and other like Articles in the Physical Part.

The ART of making all sorts of *English* WINES, MUM, MEAD, METH EGLIN, CYDER, PERRY, &c. and of refining, &c. vitiated or decaying Wines.

IT has been well observed by a certain writer, That the fertility and product of *England* equals that of any nation under heaven, for what conduces to the subsistence, health, and riches of its inhabitants, and is not at this day, after so many proofs and demonstrations, to be questioned. Long since it was styled by foreigners, the Store-house and Granary of *Europe*, and nothing but want of skill and industry can at present hinder us from making those wholesome liquors which equal, if not exceed, what with the hazard of the seas, and to the great exhausting of our treasure, and loss to our inland trade, we have for many years fetch'd from abroad, to the enriching of our neighbours, who are frequently at the same time either our enemies, or our rivals in trade: And this, tho' it may be truly affirmed, that the liquors produced from our natural growth are not only as pleasant in taste, if rightly made and prepared, as any other; but are far more agreeable to the constitution of *English* bodies; contributing to health and lively vigour; and if not taken in excess, which indeed in all things is hurtful, they lengthen years, and free old-age from those calamities

to which adulterated wines and foreign liquors make it obnoxious in the pains, aches, and many diseases which their sediments entail, by corrupting the good, or creating bad humours in the body. For this reason we shall present our readers under this head with such receipts as have been generally found on experience to answer all the ends of Health, Pleasure, and Frugality.

To make Wine of Grapes of the growth of England.

WHEN the vines are well grown, so as to bring full clusters, be careful to disencumber them of some part of their leaves, that too much shade the grapes; but not so in the hot season, that the sun may not too swiftly draw away moisture, and wither them: stay not till they are all ripe at once; for then some will be over-ripe or burst, or incline to rot before the underlings come to perfection; but every two or three days pick off the choice and ripest grapes, and spread them in dry, shady places on sideways, that they contract not a heat and must; and so those that remain on the clusters, having more juice to nourish them, will grow bigger, or be sooner ripe; and when you have got a sufficient quantity, put them into an open vessel, and bruise them well with your hands; or if they be too many for you, gently press them with a flat wooden beater, that is, a thick board fastened at the end of a staff. As for treading of them with the feet, though used in other countries, I approve it not, it being a nasty, slovenly way. Take care you break the stones as little as may be, for that will make the wine of a bitterish tang.

Having bruised the Grapes well, so that they are become pulp, or mash, having a tap at the bottom of your cask, tie a hair-cloth over the faucet, and let out that which will run voluntarily of itself, as the

best Wine: then take out the pulp, and gently press it by degrees in a cyder-press, till the liquor is sufficiently drained out; then having a new cask well seasoned, and aired with a lighted rag dipp'd in brimstone, till it become dry; pour the liquor in thro' a sieve-funnel, to stop the dregs, and let it stand only with a pebble-stone lightly laid on the bung-hole, to ferment and refine itself, ten or twelve days; then draw it gently off into another cask well seasoned, that the lees or dregs may remain in the first cask; and stop it no otherways than before, till it has quite passed over its ferment, which you may know by its coolness and pleasant taste: And thus of your ordinary white Grapes you may make a good white sort of Wine; of the red Grapes a Claret; and if it want colour, heighten it with a little brazile, boil'd in about a quart of it, and strained very clear. The white Grapes, if not too ripe, give a good Rhenish taste, and are wonderful cooling; and a sort of Muscadel Grapes growing in many parts of *England*, may by the help of a little loaf-sugar to feed on, be brought to produce a curious sweet Wine, little differing from Canary, and altogether as wholesome and pleasant; so that with small charge, labour and industry we might well furnish ourselves with what we now are beholden for to strangers, at great expence, hazard of the seas, and a vast deal more toil and labour than this would require.

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Another

Another way to make an excellent Wine of Grapes.

TAKE ripe Grapes gather'd in a dry day, and put them into a press made for the purpose, with a fine canvas to contain the Grapes; then press them gently, so as not to break the stones; then strain the liquor well, and let it settle in a cask; then draw off the clear liquor with a syphon into a well-season'd vessel; stop it close for 48 hours; then give it vent by a hole made with a gimblet, in the thickest part of the vessel or cask, and put therein a peg which may be easily moved; then in two days time stop it close up, and it will be fit for drinking in about a quarter of a year's time, and not fall far short of *French Wine* in goodness. To season your cask or vessel, take scalding hot water, put it into the vessel, and then dry it with a rag dipt in brimstone, and fix it in the cask with the bung or cork.

English Malmsey.

TAKE of *English* galingal and cloves, each a dram, beat them to powder, and infuse them a day and a night in a pint of aqua vitæ, in a wooden vessel kept close cover'd; then put it into good claret, and it will make 12 or 14 gallons of good Malmsey, in five or six days: the drugs may be hung in a bag in the cask.

To make Raisin Wine.

TAKE 300 pounds of Malaga Raisins not pick'd; put them into a hoghead of spring water; let it stand a fortnight, stirring it twice a day; then press it into a tub, and put to it a piece of bread toasted, and spread with yeast, and let it ferment 24 hours; afterwards put the liquor into a vessel, where it may work 14 days longer; fill it

up again as it works over, and when it has done working, stop it close up. You may put 18 gallons of water upon the Raisins for a small wine, and press it out in a week's time: You may bottle it off when it is about two months old.

Another Raisin Wine.

TAKE two gallons of spring water, boil it about half an hour; put it into a stean with two pounds of Raisins stoned, as much sugar, the rind of two lemons, and the juice of four lemons; then cover the stean, and let it stand four or five days; afterwards strain it out, and bottle it. It will be fit for drinking in a fortnight's time, and be a pleasant liquor to quench one's drought in the summer.

To make Strawberry, Raspberry, and Cherry-Wine.

MASH your Strawberries or Raspberries, and put them into a linen bag, as you do when you make the Grape-wine, and press them into a cask, and order it in the same manner as the Grape-wine. Thus Cherry-wine may be made: you must break the stones of the Cherries, which is not done in the Grapes.

To make a Wine like Claret.

TAKE six gallons of water, two gallons of cyder, eight pounds of Malaga raisins bruised; put them all together, and let them stand close cover'd in a warm place for a fortnight, stirring it every other day very well; then strain out the liquor into a vessel, and put to it a quart of Barberries, a pint of the juice of Raspberries, and a pint of the juice of Black Cherries; work it up with mustard seed, cover it with dough three or four days by the fire-side; then let it stand a week, and then bottle it off; and when

when it becomes neat, it will be like common claret.

To make a Wine almost equal to Sack.

TO every quart of water put a sprig of rue, and to every gallon a handful of fenel-roots; boil them all half an hour; then strain it out, and to every gallon of this liquor put in three pounds of honey; boil it again two hours, scum it well; and when it is cold, pour it off, and tun it into a cask; keep it in the vessel a year, and then bottle it off for drinking.

To make Curran Wine.

TAKE Currans when they are ripe, bruise and strain them; dilute it with an equal quantity of water boild with fine sugar, a pound to each gallon of liquor; dissolve in the liquor half an ounce of isinglass to every four or five gallons of liquor, and there will arise a thick scum; which being taken off, your liquor will be pretty clear; draw it off into a close vessel; it will finish its working, and become quite clear in three weeks or a month's time; then it may be bottled with a lump of loaf sugar. The longer it is kept, the richer it will be.

To make Gooseberry Wine.

TO every four pounds of Gooseberries put a pound and a quarter of sugar, and a quart of spring water; bruise the Gooseberries, and let them stand in the water 24 hours, stirring them often; then press out the liquor into a proper vessel, that it may ferment; and when it has done, stop it up, and let it stand about a month; then rack it into another vessel for five or six weeks longer; after which bottle it off, and put a small lump of sugar into each bottle; cork them well, and then let them

stand about a quarter of a year before you drink them.

To make Damascen Wine.

TAKE two pounds and a half of sugar to every gallon of water; boil and scum it for about two hours, and to every gallon of liquor put five pints of stoned Damascens; boil them till it is of a beautiful colour; then strain it through a sieve; let it work in an open vessel four days; pour off the lees, and then put it into the same vessel again, to finish the fermentation, and afterwards stop it close for six or eight months; and then, if it is clear, you may bottle it up. You may keep it a year or two in bottles.

To make Cowslip Wine.

TAKE a quantity of water, and to every gallon put two pounds of sugar; boil it about an hour, then let it cool; make a toast, and spread both sides of it with yeast; but you must, before you put it into the liquor, add to every gallon an ounce and a half of syrup of citron; beat it well in; then put in the toast while it is warm; let it work for two or three days; in the mean time put in your Cowslip-flowers, bruised a little, about a peck, together with two lemons sliced, a pint of white-wine to a gallon; let them stand two days, and afterwards turn it into a sweet cask.

To make Black-cherry Wine.

TAKE six gallons of spring water, boil it an hour; then take 24 pounds of Black-cherries bruised; take care not to break the stones; pour the boiling water upon the Cherries, and stir them well together; and after they have stood 24 hours, strain it, and to every gallon put two pounds of sugar; mix it well, and let it stand a day longer; then

then pour off the clear into a vessel, and keep it close stoppt; when it is very fine, bottle it off for drinking.

To make Sage Wine.

TAKE six gallons of water, boil it a quarter of an hour; then let it cool till it is blood-warm, and put 25 pounds of Malaga raisins picked and rubbed clean; shred them into the water, together with half a bushel of Red Sage shred, and a pint of ale yeast; stir them all well together; let them stand covered in a warm place six or seven days; stir it once a day; then strain it into a cask, and after it has work'd three or four days, stop it close up, and let it stand about a week longer; then put in it two quarts of Malaga wine; and when it is fine, bottle it.

To make Wine of Quinces.

TAKE Quinces, clean them with a coarse cloth, and grate them with a grater; press them through a linen strainer, and afterwards thro' a flannel: to every gallon of liquor put two pounds of refined sugar; and when the sugar is melted, pour it off as often as there is a settlement at the bottom; continue doing thus 24 hours; and when it is fine, put it into a cask; let it remain a week unstopt; then stop it up close for six months; then if it is fine, you may bottle it; but if not, you must draw it into another vessel, and stop it up again.

To restore Prick'd Wines.

TAKE the Wine down to the lees in another cask, where the lees of good wine are fresh; then take a pint of strong *aqua vita*; scrape half a pound of yellow bees wax into it, and by heating the spirit, melt the wax over a gentle fire; then dip in it a cloth, and set it on fire with a brimstone match; put it flaming in at the bung, and stop the cask close.

To restore Wine decay'd by too much vent or souring.

STIR and ferment it well with a flat-ended stick, till you have removed it in all parts, and made it ferment, but touch not the lees; then pour in a pint of *aqua vita*, and stop it up close, and at the end of ten days it will be tolerably restored. Wine that is decay'd by too much vent, may be recovered by putting burning hot crusts of bread into it.

To cure musty Wine, or that which tastes of the cask.

RACK it off upon lees of rich Wine of the same sort; then put into a bag four ounces of the powder of lenerel berries, and two ounces of the filings of steel; let it hang by a string to the middle of the Wine, and so by degrees lower it as you draw it off.

To hinder Wine from turning.

PUT a pound of lead, that has been melted into fair water, into your cask, pretty warm, and stop it close.

To take away the ill scent of Wine.

BAKE thoroughly a long rowler of dough stuck well with cloves, and hang it in your cask, and it will draw the ill scent from the Wine, to itself.

To remedy a bitter or sour Scent.

TAKE half a peck of barley, and boil it in two quarts of water, till one half of the water be wasted; strain it; and when well settled, pour it into the wine-cask, stirring it well, without touching the lees.

To keep Wine from souring.

BOIL a gallon of Wine with some beaten oyster-shells and crabb's-claws calcin'd; strain out the liquid part, and when it is cool, put it into the Wine of the same sort, and it will give it a pleasant lively taste.

A stone of unslack'd lime will keep Wine from turning.

To sweeten Wine.

FILL it upon the lees; put a handful of the flowers of clary, and infuse in it, and add a pound of mustard-seed dry ground, which in a bag must be sunk to the bottom of the cask.

To make Wine settle well.

TAKE a pint of wheat, and boil it till it burst in a quart of water, and become very soft; then squeeze it through a new linen cloth, and put a pint of the liquid part into a hoghead of unsettled white-wine, and it will fine it.

To make Claret rough.

PUT a quart of Claret to two quarts of sloes; bake them in a gentle oven, till they have stew'd out a great part of their moisture; then pour off what is liquid, and squeeze out the rest; and half a pint of this will rough ten gallons.

To recover the lost colour of white or Rhenish Wine.

RACK the Wine from the lees, and if the colour of the Wine be faint and tawney, put in coniac-lees, and pour the Wine upon them, rolling and jumbling them together a considerable time in the cask; and in ten or twelve days rack off the Wine, and it will be of a proper colour, and drink brisk and fine.

To help Wine that is lowering, or decaying.

TAKE roch-allum powder'd an ounce, draw out four gallons of the Wine, and strew the powder in it; beat it well for the space of half an hour; then fill up the cask, and set it on broach, being careful to let it take vent; so that by this means in three or four days you will find it a curious brisk Wine.

How to rack Wine.

THIS is done with such instruments as are useful and appropriated to the manner of doing it, and cannot be so well described by words, as by seeing it done; however, this observe in doing it: Let it be when the wind sets full North, and the weather is temperate and clear, that the air may the better agree with the constitution of the Wine, and make it take more kindly; as it is moreover most proper to be done in the increase of the Moon, when she is under the earth, and not in full height, &c.

To make Wines scent well, and give them a curious flavour.

TAKE powder of sulphur two ounces, half an ounce of calamus; incorporate them well together, and put them into a pint and half of borage-water; let them steep in it a considerable time, and then drawing off the water, melt the sulphur and calamus in an iron pan, and dip in it as many rags as will soak it up; which put into the cask; then rack your wine, and put in a pint of rose-water, and stopping the hoghead, roll it up and down half an hour; after which let it continue still two days; and by so ordering any Gascoign or Red-Wine, it will have a pleasant scent and gust.

To mend Wines that rope.

WHEN you have set your cask abroach, place a coarse linen cloth before the bore; then put in the linen, and rack it in a dry cask; add then five or six ounces of the powder of alum; then roll and jumble them sufficiently together; and upon settling, it will be fined down, and prove a very clear, pleasant wine, both in taste and scent.

To mend White or Rhenish Wines.

IF these Wines have an unpleasant taste, your best way is speedily to draw either of them half off, and to either of the halves put two gallons of new milk, and a handful of bay-salt, and as much rice; mix and beat them well together, for half an hour, with a staff or paddler; then fill up the cask, and when you have well rolled it, turn it over in the lees; and two or three days after you may broach it, and it will drink very fine and brisk.

Another way to mend the colour of White-wines, &c.

TAKE a gallon, or more, of mornings milk, put it into the cask, and mix it well by rolling; then when you perceive it is well settled, put in three or four ounces of isinglass, and about a quarter of a pound of loaf sugar, fine scraped; and then fill up the hogthead, or other cask, and roll it four or five times over, and this will bring it to a colour and fineness.

To meliorate, or better, vitiated Wine.

LET your Wine, in this case, be what it will; take a pint of clarified honey, a pint of water, wherein raisins of the sun have been well steeped; three quarters of a pint of good white-wine, or claret, according as the colour of your wine is; let them simmer, and boil a little over a gentle fire, to the consumption of a third part, taking off the scum as fast as it rises; put it very hot into the vitiated wine, and let it stand, the bung-hole being open; then, in a linen-rag, put a little bruised mace, nutmeg, and cloves, and hang the bag in the wine, by a string, for three or four days; and so either new or old wine will not only be fined, but much bettered; for by this means they are restored from their foulness and decay, and

yield a good scent and taste: You may, to perfect this work the more, when you take out the spice, hang in a small bag of white mustard-seed, a little bruised, and the work is done.

To make Ice in summer, for cooling Wines, &c.

TO make Ice, take a stone-bottle, that will hold about three quarts of water, put into it two ounces of refined salt-petre, half an ounce of Florence orrisse, and fill it with water boiling hot; stop it close, and immediately let it down into a well; let it remain there three or four hours, and when you break the bottle, you will find it full of hard Ice; or for want of this opportunity, dissolve a pound of nitre in a bucket of water, and it will cool your bottles exceedingly.

An excellent way to make and order Cyder.

TAKE red-streaks, pippins, pear-mains, rennetings, golden-pippins, &c. when they are so ripe, that upon shaking the tree they will fall with tolerable ease; bruise or grind them very small, and when they are come to a mash, put them into a hair-bag, and squeeze them by degrees, not over hastily; then put up the liquor, well strained through a fine hair-sieve, into a cask well seasoned, and aired with a lighted rag dipp'd in brimstone; then mash the pressings with a little warm water, and add a fourth part of it, when pressed out, to the Cyder; and to make it work kindly heat a little honey, three whites of eggs, and a little flour together; put them into a fine rag, and hang them by a string to the middle of the cyder-cask; then put in pretty warm, about a pint of new ale-yest; let it work, and well purge itself from dross, five or six days; then

then draw it off from the lees, into smaller casks, or into bottles, as your occasion serves; if the latter, leave an inch vacant from the cork, lest the bottles fly or break; and if any such danger appears, which you may perceive by the finging of the air through the porous parts of the corks, then it will be requisite to open them, to let out the fermented air. In winter cover the casks or bottles warm, for fear of freezing or chilling; but in summer place them as cool as you can, lest the heat make it ferment, so that it taint, become musty, grow thick or ropery; and that it may the better feed, and keep its body, put little lumps of loaf sugar into it.

Summer Cyder, for present spending.

TAKE codlins, or other juicy summer-apples, not too sweet, or if they be, allay them with those that are sharper; gather them not too ripe, but when they begin to turn; and lay them to sweat in hay or straw, for two or three days; then quarter them, and take out the cores and kernels; then bruise and press them as the former; boil some sliced codlins, and sliced quinces, in fair water, with a few tops of rosemary, and blades of mace; and mash this water with the pressings of the apples; press it out as before, and mix a fourth part with the Cyder; put it up, and add two quarts of white or rhenish wine to every 12 gallons; purge it as the former; draw it off when settled, and keep it cool for present spending, for it will not keep longer than *September*. Some think the Cyder will be better if the apples are not cored.

Another Receipt to make good Cyder.

TAKE pippins or pearmain, or harveys, before they are too ripe, and let them lie a day or two

in order to sweat; grind them, and press out the juice, and put it presently into a hoghead, leaving it room to work; let it have no vent except a little hole near the hoops; put in three or four pounds of raisins, and two pounds of sugar, to make it work the better; rack it often, in order to fine it, into small vessels, close stopp'd, except a small hole as before: If it works after it is racked off, put into the vessel a few raisins for it to feed on, and bottle it off about *March*. *N.B.* You must never mix summer and winter fruit together. But if you would have your Cyder stronger than the common method of making it, put your apples into a lever-press, and squeeze them gently, and but little, and then let it work as before.

To make Perry.

TAKE pears that have a vinous juice, such as the goosberry-pear, horse-pear, both the red and white; the john, the choke-pears, and other pears of like kind; take the reddest of the sort; let them be ripe, but not too ripe, and grind them as you do your apples when you make cyder, and work it off in the same manner; if your pears are of a sweet taste, mix a few crabs with them.

To make Mum.

TAKE a hoghead of water, boil away about a third part, and brew therewith seven bushels of wheat-meal, one bushel of oatmeal, and one bushel of ground beans; tun it, but do not fill the vessel too full at first; as soon as it begins to work, put therein of the inner rind of firr three pounds, tops of firr and birch one pound, *carduus benedictus* three handfuls, flowers of rosa solis one handful and a half, alder flowers two large handfuls, cardamum-seeds bruised three ounces,

barberries bruised one ounce: Let the liquor work over the vessel as little as may be; then fill it up, and stop it; having first put into it ten new-laid eggs, not broken or crack'd; stop it close, and drink it when it is two years old.

To make Mead.

TAKE six gallons of water, put in the whites of three eggs. mix them well together; then add ten pounds of the best honey; boil them together about an hour, and then put in cinamon, cloves, and mace, a sprig of rosemary: When it is cool, put in a spoonful of yest, and put it in a barrel, and as it works over, keep filling the vessel; when it has done working, stop it up close; and when it is well settled down, bottle it for drinking.

To make Metheglin.

TAKE spring water, as much as you please, make it so strong with honey as it will bear an egg;

boil it very well, till a good part be wasted, and whilst it boils, put in a good quantity of whole spice, rosemary, balm, and other cordial and agreeable herbs; when it is well boil'd, let it cool, having strain'd it from the herbs and spice; when it is almost cold, put in a little yest; and when it is cold, put it into a vessel, with the spice that was boil'd therein; let it stand a few days, then bottle it up.

To make Shrub.

TAKE brandy two quarts, the juice of five lemons, and the peels of two lemons, half a nutmeg; mix them together in a large bottle, stop close, and let them stand three days; then put in three pints of white-wine, a pound and a half of sugar; mix and strain it twice through a flannel, and bottle it up for use.

See the Article intituled, *The Frugal Housewife's Directory*.

The Complete FAMILY BREWER.

OUR work would seem to be imperfect, as an *universal Family Directory*, if we were to omit the article of BREWING. We shall therefore give such directions on this head, as may be necessary to be observed in all private families. And first we shall instruct our Readers,

How to chuse good Malt.

MALT is chosen by its sweet smell, mellow taste, full of flower, round body, and thin skin. There are two sorts in general use, the pale, and the brown; the former is most used in gentlemen's houses, and private families; the latter in publick brew-houses, as seeming to go further, and make the liquor higher colour'd: Others again mix one third brown with two thirds pale; but this depends upon the liking of the drinkers. The sweetest Malt is that which is dry'd with coak or cynders.

In grinding it, see that the mill be clean from dust, cobwebs, &c. and set so as to crush every grain, without grinding it to powder; for you had better have some small grains slip through untouch'd, than have the whole be ground too small, which will cause it to cake together so as you cannot get the goodness out.

Of Hops.

HOPS are chosen by their bright green colour, sweet smell, and clamminess, when rubb'd between the hands.

Of Water for brewing.

WATER out of rivers or rivulets is the best, except polluted by the melting of snow, or land water from clay or plowed lands. Snow-water will take near one fifth part more of malt to make the beer good. If you have not river-water, a pond that has a bottom not over muddy, and is fed by a spring, will do; for the sun will soften and rarefy it. Very hard Water drawn from a deep well into a wide cistern or reservoir, and exposed to the air and sun, in two or three days has been brewed with success by a little addition of malt. Rain-water comes next to river for brewing. In short, all Water that will raise a lather with soap, is good for brewing.

Of the Brewing Vessels.

TO a copper that holds 36 gallons, the mash-tun ought to be at least big enough to contain six bushels of malt, and the copper of liquor, and room for meshing or stirring it: The under-back, coolers and working-tuns, may be rather fitted to the conveniency of the room, than to a particular size; for if one vessel be not sufficient to hold your liquor, you may take a second.

Of cleaning and sweetening Cask and Brewing Vessels.

IF a cask, after the beer is drank out, be well stoppt to keep out air, and the lees remaining in it till you want to use it again, you will need only to scald it well, and take care of the hoops before you fill it; but if air gets into a foul empty cask, it will contract an ill scent in spite of scalding. A handful of bruised pepper boil'd in the water you scald with, will take out a little musty smell; but the surest way is to take out the head of the

cask, and let the cooper shave and burn it a little, and then scald it for use; if you cannot conveniently have a cooper to the cask, get some stone-lime, and put about three pounds into a barrel, (and proportionally to bigger or lesser vessels) and put to it about six gallons of cold water; and bung it up, and shake it about for some time, and afterwards scald it well: or, for want of lime, take a linen rag, and dip it in melted brimstone, and fasten one end to the bung, and light the other, and let it hang in the cask. You must give it a little air, else it will not burn; but keep in as much of the sulphur as you can. Scald it afterwards, and you will find no ill smell.

If you have new casks, before you fill them, dig places in the earth, and lay them half their depth, with their bung-holes downward, for a week; and after well scalding them, you may venture to fill them.

Another way to proceed, if your Brewing Vessels are tinged with any ill smell, is to take unslack'd lime, and water, and with an old broom scrub the vessel whilst the water is hissing, with the lime; and afterwards take all this lime and water away, and put fresh water into the vessels, and throw some bay or common salt into each, and let it stand a day or two; and when you come to brew, scald your vessels, throw into them a little malt-dust or bran; and this will not only finish their sweetening, but stop them from leaking.

But since there is so much trouble in getting vessels sweet after they have been neglected, you ought to make all thorough clean after brewing, and once a month to fill your Vessels with fair water, and let it off again in two or three days.

of

Of Mashing or Taking your liquors.

SUPPOSE you take six bushels of malt, and two pounds of hops, and would make of it one barrel of strong, and two barrels of small-beer. Heat your first copper of liquor for mashing, and strew over it a double handful of bran or malt; by which you will see when it begins to boil; for it will break and curl, and then it is fit to be let off into the mash-tun, where it must remain till the steam is spent, and you can see your face in it, before you put in your malt; and then you begin to mash, stirring it all the while you are putting in the malt: but keep out about half a bushel dry, which you are to strew over the rest, when you have done stirring it, which will be as soon as you have well mix'd it with the liquor, and prevented it from clodding. After the dry malt is laid on, cover your mash-tun with the malt-sacks or cloths, to prevent losing any spirit of the malt, and let it so remain for two hours. Mean while have another copper of liquor hot; and at two hours end begin to let off your first wort into the under-back. Receive a pail-full of the first running, and throw it again upon the malt. You will find that the malt has suck'd up half of your first copper of liquor; and therefore to make up your quantity of wort for the strong beer, you must gradually lade out of the second copper, and strew bowl after bowl over the malt, giving it time to soak through, and keeping it running by an easy stream, till you perceive you have about forty gallons, which in boiling and working will be reduced to thirty-six.

If you throw into the under-back (whilst you are letting off) about half a pound of hops, it will

preserve it from foxing, or growing sour or ropy.

Your first wort being all run off, you must fasten the tap of the mash-tun; and take the copper of hot liquor for your second mashing, stirring up the malt as you did at first, and then cover it close for two hours more. Mean while you fill your copper with the first wort, and boil it with the remainder of the two pounds of hops, (or what quantity you like) for an hour and half, and then lade it off into the coolers.

Contrive to receive the hops in a sieve, basket, or thin woollen bag that is sweet and clean; then immediately fill your copper with cold liquor; renew your fire under it, and begin to let off your second wort, and throw a handful of hops into the under-back, for the same reason as before: you will want to lade a few bowl-full of liquor over the malt to make up the copper full of the second wort; and when you have enough, fasten the tap, and mash a third time after the same manner, and cover it close for another two hours; and then charge your copper with the second wort, boiling it for an hour with the same hops.

By this time you may shift your first wort out of the coolers into a working-tun, to make room for the second wort to come into the coolers; and then your copper being empty, you may heat as much liquor as will serve you to lade over the malt, or, by this time, rather grains, to make up your third and last copper of wort, which must be boiled with the same hops over again; and then your coolers are discharged of your second wort, to make room for the third; and when they are both of a proper coolness, they

they may be put together before you set them a-working, unless you have a mind to keep and work them separate, and call the second wort *Ale*.

If you would extract almost all the goodness of the malt in the first wort, by way of making *October* beer, you must begin to let off soon after you have mash'd, (by a small stream) and throw it upon the malt again, pail after pail, for an hour, stirring it frequently in the mean time, and then let it all run off, and put it all over again, and let off by a very small stream. But when you have your quantity for strong beer, you must proceed in your second mashing in the same manner as before.

During the time of shifting your liquors out of the copper, 'tis of consequence to take care to preserve it from receiving damage by burning: you shou'd always contrive to have the fire low, or else to damp it at the time of emptying, and be very expeditious to put in fresh liquor.

Of Working the Liquor.

IN this, regard must be had to the weather; liquor naturally grows warm in working; therefore in mild weather it should be cold before it be set on, but a little warm in cold weather. The manner of doing it is, to put some good sweet yeast into a hand-bowl or piggin, with a little warm wort; then put the hand-bowl to swim upon the wort in the working-run, and in a little while it will work out, and leisurely mix with the wort; and when you find the yeast has gotten hold of the wort, you must look after it frequently; and if you perceive it begins to heat and ferment too fast, lade some of it out into another tub; and when grown cold, it may

be put back again; or if you reserved some of the raw wort, you may check it leisurely by stirring it in with a hand-bowl. The cooler you work your liquor, the better, provided it does but work well.

If you happen to check it too much, you may forward its working, by filling a gallon stone-bottle with boiling water; cork it close, and put the bottle into the Working-tun. An ounce or two of powder'd ginger will have the same effect.

There are variety of methods in managing liquors whilst they are working. In the North they beat in the yeast of strong beer and ale once in two or three hours, for two or three days together. This they reckon makes the drink more heady, but withal hardens it so as to be drinkable in a few days; the last day of beating it in, (stirring the yeast and beer together) the yeast, as it rises, will thicken; and then they take off part of the yeast, and beat in the rest, which they repeat as often as it rises thick; and when it has near done working, they tun it up so as it may but just work out of the barrel. Others again do not beat it in at all, but let their strongest drink work about two days, or till they see the ferment is over; and then they take off the top-yeast, and either, by a tap near the bottom, let it off fine, or else lade it out gently, to leave the sediment and yeast at the bottom. This way is proper for liquor that is to be drank soon; but if it be to keep, it will want the sediment to feed on, and may probably grow stale, unless you make artificial lees. This you may make of a quart of brandy, and as much flour of wheat or beans as will make it into dough. Put them in lumps into the

the bung-hole, as soon as it has done working; or else take a pound of the powder of oyster-shells, or of fat chalk, and mix it with a pound of treacle or honey, and put it in soon after it has done working.

It would add to the goodness, as well as fining of your malt-liquor, if you took two quarts of wheat or beans, and made them very dry and crisp in an oven, or before the fire, and boiled them in your first copper of wort. They would strain off with your hops, and might be put with them into the second copper.

Of the fining of Malt Liquors.

TIS most desirable to have Beer fine of itself, which it seldom fails to be in due time, if rightly brewed and worked: But as disappointments sometimes happen, 'twill be necessary to know what to do in such cases.

Ivory shavings boiled in your wort, or hartshorn shavings put into your cask just before you bung it down, will do much towards fining and keeping your liquor from growing stale.

Isinglass is the most common thing made use of in fining all sorts of liquors; they first beat it well with a hammer or mallet, and lay it in a pail; and then draw off about two gallons of the liquor to be fined upon it, and let it soak two or three days; and when it is soft enough to mix with the liquor, they take a whisk, and stir it about till it is all of a ferment, and white froth; and they frequently add the whites and shells of a dozen eggs, which they beat in with it, and put all together into the cask: Then with a clean mopstick, or some such thing, stir the whole together; and then lay a cloth or piece of paper over the bung-hole, till the

ferment is over; and then bung it up close, and in a few days it will fall fine.

But if you want to fine only a small quantity of liquor, take half an ounce of unslack'd lime, and put it into a pint of water, and stir them well together, and let it stand three or four hours, or till the lime settle to the bottom; then pour off the water clear, and throw away the sediment; then take half an ounce of isinglass cut small, and boil it in the lime-water till it dissolves; then let it cool, and pour it into your vessel, &c.

Of recovering and preserving Malt-Liquors.

STORMY weather, but especially thunder, will greatly affect your Beer, and often ferments it, though brewed six months before. Iron hoops, or iron laid upon the vessels, are supposed to have a preserving influence from thunder. In such weather you should examine your cellar, and draw your vent-pegs; and where you perceive it upon the fret, draw out the bung, and let it remain some days till you are sure it is quiet. 'Tis a fault to be too hasty in bunting up liquor; it had better be a week too long out, than stop an hour too soon. Were it not for preserving the colour of your liquor, some cherry-stones thrown into the bung-hole would stop it from fretting.

If your strong Beer grows flat, you may quicken it by drawing off one gallon out of every ten gallons, and boil it with as many pounds of honey as you boil gallons; and when it is cold, put it to the rest, and stop it close.

A spoonful of the juice of the herb horehound strained to a pitcher of stale Beer, (and cover it close for

two hours) will make it drink like new.

Or if you would bottle Beer that is stale and flat, you should contrive to do it at a time when you have liquor working in your tun; and leave room in every bottle to hold the quantity of a coffee-cup, and fill them up with new drink out of the tun, and cork them, and in three days it will be very brisk, and drink pleasant; but you must not propose to keep it long, for it will burst the bottles.

Of the Season for Brewing.

THE season for brewing keeping-beer, is certainly best before *Christmas*; for then your malt is in perfection, not having had time to contract either a musty smell, dust, or weavels, (an insect that eats out the heart of the malt) and the waters are then seldom mix'd with snow; and then four pounds of hops will go as far as five pounds in the spring of the year; for you must increase in the quantity of hops as you draw towards summer. But, in short, chuse moderate weather as much as you can for brewing; and if you have a kindly cellar besides to keep your liquor in, that will not be much affected by extremity of cold or heat, you may reasonably expect great satisfaction in your Brewery.

Avoid as much as possible brewing in hot weather; but if you are necessitated to brew, make no more than for present drinking, for it will not keep.

To brew Strong Beer.

TO a barrel of Beer take two bushels of malt, and half a bushel of wheat just crack'd in the mill, and some of the flour sifted out of it; when your water is scalding hot, put it into your mash-

ing-vat; there let it stand till you can see your face in it; then put your malt upon it; then put your wheat upon that, and do not stir it; let it stand two hours and a half; then let it run into a tub that has two pounds of hops in it, and a handful of rosemary-flowers; and when it is all run, put it into your copper, and boil it two hours; then strain it off, setting it a cooling very thin, and set it a working very cool; clear it very well before you put it a working; put a little yeast to it; when the yeast begins to fall, put it into your vessel; and when it has done working in the vessel, put in a pint of whole wheat, and six eggs; then stop it up: Let it stand a year, and then bottle it.

A good Table-Beer may be made by mashing again, after the preceding is drawn off; then let it stand two hours, and let that run, and mash again, and stir it as before; be sure you cover your mashing-vat very well; mix the first and second running together.

To make China Ale.

TO six gallons of Ale take a quarter of a pound or more of China-root, thin sliced; and a quarter of a pound of coriander-seeds bruised; hang these in a tiffany, or coarse linen bag, in the vessel, till it has done working; and let it stand fourteen days before you bottle it; though the common sort vended about town, is nothing more (at best) than ten shilling beer, put up in small stone-bottles, with a little spice, lemon-peel, and raisins, or sugar.

To make Alderberry-Beer, or Ebulum.

TAKE a hogshhead of the first and strongest wort, and boil in the same one bushel of pick'd Alderberries,

berries, full ripe; strain off, and when cold, work the liquor in the hoghead, and not in an open tun, or tub; and after it has lain in the cask about a year, bottle it; and it will be a most rich drink, which they call *Ebulum*; and has been often preferr'd to port-wine, for its pleasant taste, and healthful quality. N. B. There is no occasion for the use of sugar in this operation; because the wort has strength and sweetness enough in itself to answer that end; but there should be an infusion of hops added to the liquor, by way of preservation and relish. Some likewise hang a small bag of bruised spices in the vessel. You may make a white *Ebulum* with pale malt, and white Alder-berries.

To make improved, and excellently wholesome Purl.

TAKE Roman-wormwood two dozen, gentian-root six pounds; calamus aromaticus (or the sweet flag-root) two pounds; snake-root one pound; a pound or two of galingale-roots; horse-radish one bunch; orange-peel dried, and juniper-berries, each two pounds; seeds or kernels of Seville-oranges clean'd and dry'd, two pounds: These being cut and bruised, put them into a clean butt, and start your mild brown, or pale beer upon them, so as to fill up the vessel, about the beginning of November, and let it stand till the next season; and make it thus annually.

See the Article intitled the FRUGAL HOUSEWIVES DIRECTORY.

C O S M E T I C K S.

THE word is derived from the *Greek*, and signifies any compositions that may be used for whitening and softening the skin, or which, in general, tend to promote beauty. As we are persuaded, that natural beauty is far preferable to that which is aimed at by art, we shall be very short in this article, and insert only such directions under this head, as are innocent, wholesome, and laudable in themselves.

A good Pomatum for beautifying.

TAKE the fat of a bacon-hog unsalted, stick it full of oars, roast it by a slow fire, that it may drip away; put to the dripping some oil of sweet-almonds, and two or three drops of the chymical oil of cinamon; mix them well together, and put them up for use.

A Lip-salve.

TAKE virgins-wax, and an equal quantity of fresh butter, melted in rose-water; so let it stand till cold, and keep it for use.

To fasten Teeth, and keep them clear from Rheum, &c.

TAKE water or wine, wherein the leaves of damascen-trees, or the rind of the roots thereof have been sodden, and frequently wash the mouth with it.

To make Wash-balls.

TAKE of the finest white soap four pounds, and cut it fine; sanders two ounces, cloves two ounces, benjamin one ounce, musk 20 grains; mix with rose-water, and

and a little oil of spike, and make into balls.

For Spots in the Face.

PUT a lemon to the fire, and the liquor which will sweat out of it, clears the face from redness and spots.

For a pimply Face.

TAKE of rose-water, finely beaten brimstone, copperas burnt and beaten to fine powder, and starch, a like quantity; put all these together in a glass, close stopped; and shake the glass when you use it; wipe your face with it on a fine linen cloth.

To mend the Complexion.

TAKE bean-blossoms, red roses, wild tansey, honey-suckles; bray them a little with the whites of eggs, and wash the face and hands therewith.

Rosemary-blossoms, boiled in white-wine, is also a beautifier of the skin; and if drank, sweetens the breath.

Marrow of swines feet and rose-water, mingled with cows milk, and anointing the face with it lukewarm, is deemed a great clearer of the skin.

To make Hair grow.

TAKE willow-leaves seeth'd in oil, and anoint the bald place with the juice.

Juice of agrimony, temper'd with goats milk, is a good ointment for the same purpose.

Another.

TAKE the tender tops of hemp, just appearing above ground, steep them 24 hours in water, and mix the water with fern-ashes; then wash the place with the water warmed, and it will produce hair very speedily, if the place be natural to it, and it be not lost by extreme old age.

For the Morpew.

TAKE new milk, the crums of white bread, red-rose leaves caked, and a lemon or two shred; steep them all together, and distil them in an alembick.

Take the juice of celandine, and mingle it with the powder of brimstone, and apply it cold.

For a Ring-worm, Tetter, or red Pimples in the Face.

TAKE a sorrel-root, wash it, scrape and slice it, and lay it all night in vinegar; and wash often with it. The longer it continues in the vinegar, the more efficacious.

Against the Pitting of the Small-pox.

WHEN the Small-pox begin to die away, take half a pint of malmsey, and a proportionable quantity of sperma ceti, and set it on the coals till melted, and bathe the face warm with it, repeating it often as it dries in.

An ounce of peach kernels bruised and beaten to powder, the juice of plantane and houseleek, of each half an ounce, and a dram and half of ceruse, made into an ointment, will also take away heat and blisters, and bladders in the Small-pox, if taken in time.

To take away the Spots of the Small-pox.

TAKE an ounce of olive-oil, half an ounce of Venice-turpentine, half an ounce of sperma ceti; melt them together, and when beginning to boil, take it off the fire, and let it cool; rub therewith the black spots, and continue till the holes be filled.

Ointment for a Ring-worm.

TAKE popilion and ceruse mix'd together, and anoint the place. Mustard and honey, anointing for three days, is also a good remedy.

The

The leaves and juice of tobacco are well recommended for this purpose.

If the Ring-worm be very rank, powder of brimstone temper'd well with vinegar, and rubbed upon the Ring-worm, is also deem'd a good thing.

Half a pint of river-water, with a quantity of tobacco-leaves, boiled to a quarter of a pint, is also a good thing for this purpose.

A Wash for the Teeth.

TAKE a quart of claret, and put into it an ounce of Hungary-water, an ounce of bole-armoniack, half an ounce of myrrh, a drachm of alum, ten grains of salt of vitriol, and two ounces of honey of roses; let these stand in a warm sun, or near the fire, for three days, and then set it by to settle, and pour a spoonful of it into a tea-cup of water, and wash your teeth with it every day, which will preserve them sound, and keep them white.

To make the Hair grow thick.

TAKE hazel-bark, southern-wood, myrtle-berries, rosemary, and maiden-hair, of each two ounces; burn these to ashes, on a clean hearth, or in an oven, and put the ashes into white-wine, to make a strong lye, and wash the hair daily with it at the root, keeping it pretty short cut, which will be more effectual than bears-grease, or any sort of pomatum.

To take away Freckles.

TAKE alder-flower water, or bean-flower water, of either four spoonfuls, and add to it a spoonful of new-drawn oil of tartar; mix,

and often use it, letting it dry on the face.

An Ointment good for Pusles, Pimples, &c. in the Face.

TAKE white ointment half an ounce; camphire (ground with a few drops of oil of almonds) flower of sulphur, each 24 grains; flower of benjamin 12 grains, queen of Hungary's water 40 drops; oil of rhodium eight drops, oil of cloves four drops; make an ointment.

A beautifying Ointment, good also against the Redness left by the Small-pox.

TAKE oil of sweet almonds two ounces, sperma-ceti three drams, magistery of bismuth one dram; mix.

Sweet Bags to put among Linen.

ORRice and marjoram four ounces, labdanum two ounces and a half, roses in powder four ounces and a half, fustis, white sanders, sprigal, cypress, benjamin, calamus aromat. each two ounces; mûsk, civet, or ambergris, each one dram.

A Powder for the same.

ORRice, cloves, storax, calamint, calamus, benjamin, cypress, white sanders, lavender, basil, marjoram, beaten into powder, and mixed, about a pound all together; mingle with dry'd rose-leaves, and put into your bags.

After all that can be said on this subject, NEATNESS and CLEANLINESS are the greatest promoters of BEAUTY and HEALTH, and highly preferable to all the practices of Art.

For Preservation of the Teeth, see the Article TEETH, in the Physical Part of this Work.

The frugal Housekeepers DIRECTORY.

Containing some choice Receipts necessary to be known by all good Housewives, and which yet fall not properly under the foregoing Heads.

How to make Bread more substantial than ordinary.

TAKE the bran that has been bolted off, and boil it in a kettle of water, then strain out the water, and it will be white, and of a thick, strengthening substance; with this wet the meal, wherewith you make your Bread; then add yest, and a little salt, and so make it into loaves; and it will be more heartening, pleasanter in taste, and increased in substance, than otherwise it would have been.

To make Bread that will keep moist and good very long.

SLICE a pompion, and boil it in fair water, till the water grows clammy, or somewhat thick; then strain it through a fine cloth, or sieve, and with this make your Bread, well kneading the dough; and it will not only encrease the quantity of it, but make it keep moist and sweet a month longer than Bread wetted with fair water only.

To make good Flummery.

TAKE half a peck of wheat-bran, that has not been over-much boulded or sifted; let it soak three or four days in two gallons of water; then strain out the liquid part, pressing it hard; boil it to the consumption of a third part, so that when it cools it will be like a jelly, and keep long: When you heat any of it, season it with sugar, and a

little rose or orange-flower water, and add a little cream or milk, and it will be very pleasant and nourishing.

To make salt Pottage fresh.

SET it over the fire, and beat up a little wheat-flour with the white of an egg, and put a little of the broth among it, to make it thin; then put it into the pot or skillet; and in a little boiling up, with stirring, it will much abate the saltness.

To season fresh Meat in boiling or roasting.

IF boil'd Meat, make the water boil up before you put it in, and having well rubb'd it with salt, put it in, and throw in salt by degrees, a little at a time, till the broth tastes very strong of it, and so cover it close; and be it pork or beef, the water penetrating with its heat, it will carry the salt quite through, and season it sufficiently.

If roast Meat, make a brine of salt and water boil'd together, and when it begins to be well heated at the fire, baste it with it hot, and in a few turnings the force of the fire will cause it to penetrate; and when you perceive it has well done so, by a dry salt scurf that will arise, then you may baste it with your ordinary basting.

H

To

To make Ale, or any other Liquor, that is too new, or sweet, drink stale.

TO do this to the advantage of health, put to every quart of Ale, or other liquor, 10 or 12 drops of the true spirit of salt, and let them well mix together, which they will soon do by the subtil spirits penetrating into all parts, and have their proper effect.

To recover sour Ale.

SCrape fine chalk a pound, or as the quantity of liquor requires, more; put it in a thin bag, into the Ale.

To recover Liquor that is turning bad.

IF any Liquor be prick'd or fading, put to it a little syrup of clary, and let it ferment with a little bawm, which will recover it; and when it is well settled, bottle it up, putting in a clove or two, with a little lump of loaf sugar.

For well bottling of Liquor.

YOU must have firm corks, boil'd in wort, or grounds of beer; fill within an inch of the cork's reach, and beat it in with a mallet; then, with a small brass-wire, bind the neck of the bottle, bring up the two ends, and twist them over with a pair of pincers.

To recover the Flavour of Oil, when by accident it is lost.

BURN rock-alum, and beat it into a fine powder, which put into boiling water; and when it is well dissolv'd, take the water off, and pour the Oil into it, and work it well with it; then let it stand and settle 44 hours, when the Oil will be again imbodied, which scumm'd off from the surface of the water beneath, it will leave its bad taste, or scent in the water, and recover in a great degree its first flavour.

To recover tainted Flesh.

PUT it in an earthen vessel, full of small holes, with a cover to it;

lay sweet herbs above and beneath, with some toasts of bread; then dig an hole in the ground, and set the vessel into it, and cover it with earth, and let it stand 24 hours in a light, fresh mould; and the earth together with what is in the pot, will take the scent away; but it must be presently spent, or it will draw in fresh air, and putrefy again. Where you have not this convenience, wash venison in warm water, when tainted; let it soak four hours, then put it into vinegar, salt, and pepper as long, and presently use it: Let not the vinegar be too sharp; an ordinary sort of rape-vinegar will do best.

To preserve fresh Lard.

MELT it, putting to it a little good verjuice, and boil it up till the verjuice disappears; then put it into bladders, or what vessels you will, and it will keep very white, and free from must or taint.

To make Cream of sundry kinds of Fruits.

TAKE either currans, mulberries, raspberries, or strawberries, sprinkle them with a little rose-water; press out the juice, and draw the milk hard out of the cow's udder into it; sweeten it with a little sugar, and beat it well with birchen-twigs, till it froth up; then strew over it a little fine beaten cinamon, and it will be an excellent mess. You may do this with the juice of plums, goosberries, apricocks, figs, or any juicy fruit.

To make abundance of Cream.

TAKE a skimming-dish full of the top of the milk, add to it four spoonfuls of scraped sugar, and a drop of good rennet; then stir them together, that they may thicken a little; then set it in a warm place, and

and a great deal of cream will arise in an hour's time.

To make an excellent Syllabub.

MILK the milk of a young cow into your vessel; to two quarts of it put a pint of white-wine, two or three spoonfuls of verjuice, or the juice of green grapes, and a spoonful of the juice of balm or mint; scrape into it some loaf-sugar, and add a little grated nutmeg; you may also scent it with a little rose or orange-water.

To make an excellent White-pot.

BLANCH half a pound of sweet-almonds, make them into a paste well beaten, put to it two quarts of milk, and boil them together; then add a spoonful and an half of rice-flour; and when these are boil'd well, strain out the liquid part into two quarts of new milk, stirring it; and add sugar to sweeten it as you please, and a little saffron strain'd into a quarter of a pint of white-wine; viz. the wine wherein it has been soak'd; and with this beat up a dozen yolks of eggs, and bake it.

To raise a Sallad in a few hours.

TO do this from the seeds in any season, take ashes of the moss of trees, and rotten dung; mix them well together, and sprinkle them with the moisture that comes from the dung-hill; do this several times, and dry it as often in the sun, till it becomes, as it were, a fat, cloggy earth; keep it in a glazed earthen pot, to use either summer or winter.

If in winter, spread this earth in a dripping-pan, or iron vessel, sprinkle it with the moisture of wet dung, in which you have steeped your seeds of lettuce or purslain, a night; give it a moderate heat with fire under it; sow your seeds, and sprinkle them with warm rain-water; and if the heat be the same

as in *July*, they will instantly sprout; and if sowed at nine in the morning, they will produce leaves at any season sufficient for a Sallad, by dinner-time.

To keep all sorts of Flowers fresh, out of their proper seasons.

FILL an earthen vessel with half water and half verjuice; put to it as much salt as will make the liquor taste well of it; gather the flowers in their prime, before they are too much blown, and put them in the liquor, pressing or rumpling them as little as may be; cover the vessel close, and set it in a warm place; when you have occasion for them, take each out by the stalk, and hold it to the warmth of the fire, and it will recover much of its colour, spread in its proper form, and want nothing of the perfect flower but the true scent. And thus may they be kept all winter.

To make a butter'd Loaf.

TAKE a quarter of a peck of fine flour, and six eggs with the whites: beat them well; then take two spoonfuls of bawm, and a pint of cream; beat all together, and strain it cold into the flour, and a little salt: then make it into a pretty stiff paste; after which set it by the fire to warm one hour, till it be risen well; then make it into a loaf, bake it well, and when it comes out of the oven, butter it.

To make a Sack-Poffet.

TAKE eighteen eggs, yolks and whites; beat them very well; put into them a pint of sack, and better than three quarters of a pound of sugar; then strain them into a silver bason, set them over a chafing-dish of coals, and let it be as warm as your finger can endure, but keep it stirring one way all the while; afterwards have ready a quart of cream boiling hot, just off the fire,

and pour it up as high as you can into the bason, to your sack and eggs, as it stands on the coals; then give it one stir round, and take it off the coals, covering it with a plate and cloths very close; let it stand half an hour, or not so much, if you would eat it pretty hot; tho' tis good, if quite cold.

To make French Bread.

TAKE a quarter of a peck of flour; three or four eggs; and beat them very well in a porringer with two or three spoonfuls of sugar: mix the eggs and sugar together, and put them into the flour: take a quart of milk lukewarm; put a little salt into it, to give it a savoury taste; a pint and a half of yeast: mix the salt and yeast together with the milk, put it into the flour, make it up into dough very weak, and put it into a clean cloth till it rises as big again: make it up as large as you please, put it into wooden dishes, and let it rise almost as big as it did before: the oven must be made very warm; and when they are proved, put them into the oven: if it be very hot, let them stand an hour; if not, an hour and quarter. You must take care to keep the dough, while it is in the cloth or wooden dishes, very warm; covering it with a blanket.

Another for the same.

TAKE a peck of fine flour; three quarts of new-milk; and three pints of ale-yeast: mix them together; then let it stand a little to rise; afterwards put it into your dishes; and when it begins to rack at the top, put it into a pretty hot oven, and let it stand one hour; then chip it, and rasp it.

To make Slipcoat-Cheese.

THERE must be a hoop one inch and a half deep, which just fits the top of the cheese-vat. Put the

new-milk together, as soon as it comes from the cow; and instantly put in a skimming-dish full of curd, (which must not be at all broken) and another full of cold water; then as much curd, and then water, till 'tis full to the top of the hoop: let it stand till night; then take off the hoop, and tack the cheese-cloth round the cheese; set on the weight of an empty glass bottle, and let it stand all night. The next day the cheese must be turned upon a dry cloth; keep it on that cloth for three or four days; then lay it in ash or dock-leaves, till 'tis ready to eat. When you put in the cloth, rub a very little salt over it. If you desire them excellent, they should be made every day, one at a time.

The Lady Oxford's Way to make Cheese, to be secured in or upon Rushes.

TAKE three pints of new-milk, as it comes from the cow, season it with sugar, rose-water, and a little amber to your taste; put into it a quarter of a spoonful of good rennet; stir it well together, and cover it with a dish, till it be come; then you must have ready some bulrushes, run through with a thread in three several places, drawn as close together as you can; lay them upon a broad dish, and take up your milk, being come, with a fleeting dish, and lay it upon the rushes in a handsome proportion. Your rushes must be so broad, that it may wrap over it again; and when it hath stood about half an hour, take it by the two ends, and turn the rushes and all; and so you must do often, till the whey be run from it; then you must have some hard rushes sowed as the former were, the breadth of the

the dish you will serve it in, and thus upon the rushes serve it in.

To make Lemon Salad.

CUT the lemons, take out the meat, and slice them very thin; put them into a pot of scalding liquor; then take sugar and water, a little vinegar, and some of the juice of the lemons; make a syrup of them, and boil them in it.

To fatten Poultry.

TAKE half a bushel of barley-meal, sift out the bran; one peck of wheat-meal, and sift it likewise; with one peck of small oat-meal: mingle them together, and make the paste with new-milk boil'd; with which ingredients cram your fowl.

To feed the Birds.

TAKE wheat, and boil it not too hard, nor too tender; put it into several little pans; if to fatten them presently, put to it new-milk; if by degrees, water: let there be two boards set, one with gravel upon it, the other with ground malt; let there be clean straw strew'd under them once in two or three days: they all feed alike.

To make brass utensils look of a gold colour.

TAKE a pint of strong lye, mix with it an ounce of burnt roach-alum, boil them well together; then rub the utensil with it; and when it is dry, rub it over with tripoli, and it will not only take away all spots and strains, but make it look like gold.

To cleanse silver, and give it a fine lustre.

BOIL it well in lye, then take it out, and smear it over with whiting, and let it dry; then with a warm dry woollen cloth; rub it over with powder of burnt alum.

To set a Gloss on faded Paintings.

TAKE of tartar and glass-wort, each an ounce; boil them in a pint of water till half be consumed; then strain it; and having with a sponge and warm water cleansed the painting from dust, pour the strained liquor over it, and it will set a fine fresh gloss upon it, and make it look as if new.

To refresh faded Hangings.

SCOUR them well with a strained water, wherein cake-soap and fulling-earth have been soak'd; rinse them afterwards in fair water, wherein alum has been dissolv'd; then if it be tapestry, run them over with the juice of quinces and lemons; and where the colours of tapestry are faded by age, you may revive them by artificially painting them.

To whiten Linen-cloth.

WET it well, and lay it on the grass in a sun-shiny day; cast water on it wherein alum has been dissolv'd, and a little chalk; use it thus five or six days; then wash and buck it well, and it will become far whiter and thicker than it was before.

To take spots of oil or grease out of Satin, Silks, Stuffs, or Woollen.

BURN the bones of sheeps trotters, reduce them to a fine powder, lay it on fine paper, on both sides of the spots, and place upon the upper part a spoon, in which is a lighted coal that may heat pretty well through, and the heat will cause the powder to suck out the grease; then rub it over with a piece of fine white-bread to cleanse it: if it does it not sufficiently at once, repeat it twice or thrice, and it will not fail your expectation.

To take out Pitch, Rosin, Bees-wax, or Tar.

PUT a little oil of turpentine on the place, and dab it on often with a feather as it dries away, and it will so consume the unctuous part of them, that by gently rubbing it will crumble away like dirt.

To take iron Moulds from linen.

HAVING well wash'd your linen, put boiling water into a pewter pot, and put the linen to it; then take it out, and anoint the place with juice of sorrel, and let it dry; then wash it out in a good lather, with Castile or cake-soap.

To take out Spots of Ink, or Stains of Fruit.

PUT the juice of lemon and onion on the spot or stain, and let it dry; then wash it out with a good lather of cake-soap: or you may first steep the linen in chamber-lye; or wash the stain with soap dissolv'd in vinegar.

To take Spots of Oil or Grease out of white or red Silk, without altering the colour.

WET the spot with spirit of wine, then dawb it over with the white of a new-laid egg, and dry it in the sun; then wash it with clean water, and press it well.

To destroy Bugs.

TAKE of the highest rectify'd spirit of wine, (*viz.* lamp spirits) that will burn all away dry, and leave not the least moisture behind, half a pint; newly distill'd oil, or spirit of turpentine, half a pint; mix them together, and break into it, in small bits, half an ounce of camphire, which will dissolve in it in a few minutes; shake them well together, and with a piece of sponge, or a brush dipt in some of it, wet very well the bed or furniture wherein those vermin harbour

and breed, and it will infallibly kill and destroy both them and their nits, although they swarm ever so much: but then the bed or furniture must be well and thoroughly wet with it, (the dust upon them being first brushed and shook off) by which means it will neither stain, soil, or in the least hurt the finest silk or damask bed that is. The quantity here ordered of this curious neat white mixture, (which costs but about a shilling) will rid any one bed whatsoever, though it swarms with Bugs: do but touch a live Bug with a drop of it, and you will find it to die instantly. If any Bug or Bugs should happen to appear after once using it, it will only be for want of well wetting the lacing, &c. of the bed, or the foldings of the linings or curtains near the rings, on the joints or holes in and about the bed, head-board, &c. wherein the Bugs or nits nestle and breed; and then their being well wet all again with more of the same mixture, which dries in as fast as you use it, pouring some of it into the joints and holes where the sponge or brush cannot reach, will never fail absolutely to destroy them all. Some beds that have much wood-work, can hardly be thoroughly cleared, without being first taken down; but others that can be drawn out, or that you can get well behind, to be done as it should be, may.

Note, The smell this mixture occasions, will be all gone in two or three days, which yet is very wholesome, and to many people agreeable. You must remember always to shake the mixture together very well, whenever you use it, which must be in the day-time, not by candle-light, lest the subtlety of the mixture should catch the flame as you

you are using it, and occasion damage.

Another Receipt to destroy Bugs.

MIX oil of turpentine with soap-lees, anoint the bed-posts and crevices of the walls with it; shut the room up close, and burn brimstone and storax, and they will die away.

To destroy Mice, Rats, Weasles, &c.

TAKE arsenick and crude mercury, mix them with cheese, bread, or fat bacon, and as many as taste of it will die: or, boil wild cucumbers with the like quantity of coloquintida, till the water is almost consumed; then make a paste with it, and oat-flour, and lay in bits about their haunts, and it will destroy such as eat of it.

To prevent Weasles sucking eggs.

PLACE rue about the nests of your hens, ducks, or geese, and they will not come near the eggs.

To destroy Fleas and Lice.

FOR the former, sprinkle the room with water wherein the roots of wild cucumbers and wormwood have been boil'd; and lay between the mat and the bed the herb arse-smart, or hound's-tongue, which grows in most ditches in summer.

For the latter take hog's-lard, quicksilver, and the juice of sage; beat them into ointment, and anoint your head and body with it, and the scent will kill them, either in your hair, linen, bed, or woollen cloths.

To destroy Flies.

BRUISE the herb helebore, and steep it in new milk, mix'd with orpiment, and sprinkle the rooms or places where Flies swarm, and they will either presently avoid it, or die.

To destroy Moths.

THESE usually infest cloaths and hangings, and therefore prove very mischievous.

If among cloaths, to destroy 'em, make a powder of saffraas-wood, the flowers of lavender, and the dry'd leaves of rue; lay these in small sprinklings amongst your woollen, silks, or linen, and scent your drawers or trunks well with them, and no Moths will live in the scent of them.

But if they eat your hangings, or other things, which you cannot order with this powder, then burn storax and sulphur in the room, the doors and windows being close shut, and the scent will utterly destroy them; and the scent remaining in the hangings, will keep others from coming to them for 6 months, or as long as the scent remains in them; and then you may renew it.

To destroy Ticks.

THIS sort of vermin is very offensive, especially in old houses, where the timber is decay'd, or rotten, and they are great destroyers of timber-buildings, by rotting and wasting the timber in eating it.

To destroy these, observe their haunts, and wash or sprinkle the places with urine, wherein tobacco and rue have been boil'd, and it will kill those that are already, and prevent the breeding of others.

To destroy Spiders.

AFTER you have destroy'd their webs, sprinkle the rooms with water wherein plantain has been boil'd, and smoak them with benjamin and frankincense, and none of them will ever after appear there, at least, till the scent of these things is utterly extinguish'd; when the sprinkling may again be repeated, if it be found necessary.

To drive away Snakes, Efts, Adders, and the like Reptiles.

BURN wall-wort, rue and bay-leaves, scatter the ashes, and some fresh

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fresh leaves in their haunts, and they will either immediately depart, or die in their holes or places of resort.

To destroy Worms.

Those in walks or gardens may be destroy'd by strewing of lime, foul salt, or pot-ashes, and lay a laying of gravel on it: but such as are in bedsteads, or timber in houses, are destroy'd by washing the places with strong vinegar, and scenting them with storax and brimstone. The latter will do in a library, to prevent their eating and spoiling books.

An approved Receipt for the Cure or Prevention of the Murrain in Cattle.

TAKE of sallad oil, one quart; aniseed, or angelica-water, one quart; London treacle, one pound; common treacle, one pint; fenugreek, eight ounces; bole armoniac, six ounces; turmeric, four ounces; madder, four ounces; saffron, a quarter of an ounce; aloes, six or seven ounces: the six last articles must be finely powder'd; then mix all together with four gallons and a half, or five, of strong ale, which will be sufficient for forty head of beasts, giving to each at least a pint.

SUPPLEMENT to the preceding Articles.

THE following receipts being generously communicated to us, since the foregoing sheets were put to the press, by a lady who has

often experienced their excellency, we shall insert them here by way of supplement to the respective articles.

IN COOKERY.

TO POULTRY, page 35. add,

To make a Fricassée of Rabbits.

CUT a couple of rabbits to pieces, cover them with water, boil and scum them clean; then put into them a bunch of thyme, a blade or two of mace, and a little butter; afterwards take as much butter as two eggs, and fry it black; then put in the rabbits, and as much liquor as will sawce, and a little shred parsley with one onion; sprinkle into it two spoonfuls of flour to make the sawce thick; put in a few capers, and dissolve two anchovies with a little claret and vinegar; put in a little pepper and salt, and a little butter; stir all these well together, and serve it up.

To make a Fricassée of Chickens.

CUT your chickens in pieces, and take a frying pan, with just as much liquor as will cover them; half of it must be white-wine, and half water, with one nutmeg sliced in it, two or three blades of large mace, half a dozen cloves, and some whole pepper: let all these be boil'd together in the frying-pan; then put in half a pound of sweet butter, and scum it very clean; put in your chickens, and let them boil till they are tender: afterwards put in a little handful of shred parsley; next take four eggs, but put away two of the whites; beat the rest well; put to them some thick butter beaten well together; then put it to the chickens in the pan, and toss it over a slow fire, till it is thick;

thick; last, serve it up with sip-pets.

To heat Chickens.

TAKE the wings, the legs, the brains, and the rump; put them into a little white-wine vinegar, with a little claret-wine, a little sweet butter, and water of an onion, a little sliced nutmeg, a little pepper, and heat them between two dishes.

To make Gravy-sauce for Pullets.

SHRED two eggs boil'd hard into the gravy, an onion sliced very thin, a little sliced bread, with a little orange-peel cut very small; stew it together; then put in a little more gravy, and a little pepper and salt, with a little thick butter.

To bake Brangeese in Pots.

YOU must take out the breast and back-bone of your geese; then parboil them; when they are cold, season them well with pepper and salt; afterwards put them into a pot with their necks downwards; let the pot be according to your number of brangeese: you must bake them with so much butter as will cover them in the baking; throw in some blades of mace, according as your reason dictates: they must be cover'd with paste: they will be about three hours baking: against they are baked, you must have some clarified butter ready to fill up the pot about two inches higher than the meat; paper it up close, and set it aside.

To make Forced-meat.

TAKE half a pound of the lean of a leg of veal; cut it in small pieces, and pick out all the skin; mince it very small; then take a pound of beef-suet, and shred it very small also; shred them both together; when you have so done, take a nutmeg, and grate it; about half so much mace beaten small, three cloves beaten with it, pepper

and salt as you think fit, a little rosemary, winter-savory, thyme, and sweet-marjoram shred very small, about the quantity of a nutmeg, when it is grated. Put all this to the aforesaid meat; then put them into a mortar, and beat them all together, till it be so smooth, that it will work with one's hand like paste; afterwards break-in two new-laid eggs, yolks and whites together, and a little white-bread crumbs; make it up into a paste with your hands, and fry them in butter. You may leave out the herbs.

To make a Fricassé of Mushrooms.

FIRST, peel and wash them; then boil them with a little fair water, salt, and a piece of butter; this will keep them white: afterwards throw them into a colander to drain them; next, tosse them up with a piece of fresh butter, a blade of mace, and what spice else you please: for a taste, put in a whole onion, and a sprig of thyme; but let it not remain long there, for fear it change your fricassé black; then put in a little strong broth, or else a little of their own liquor: this done, stew them together; afterwards put in your leek, made thus: Take the yolks of eggs, a little white-wine or verjuice, a piece of sweet butter, and a little grated nutmeg. tosse these well together just as you are going to serve them away, till they be thick; garnish your dish, and serve them up hot.

To mince a Hare.

BOIL the hare with apples, onions, and parsley; when 'tis boil'd tender, shred it small; then put into it a pint of claret, one nutmeg, a little pepper and salt, and two or three anchovies; afterwards stir it all together with the yolks of twelve hard eggs shred small; when 'tis serv'd up, put in as much melted butter,

butter, as will make it moist : garnish the dish with some of the bones, and the whites of eggs cut in halves.

To VENISON, p. 36. add,

To pot Red-deer Venison.

BONE the venison, cut it in pieces inch-thick, and round the breadth of your pots ; then season it with pepper and salt, something higher than a pasty ; afterwards put it into large pots ; add half a quartern of butter, and two nutmegs sliced, cloves and mace about the same quantity, rather less cloves ; then put into your pots a lean and fat piece, so that there may be fat and lean mixt, till your pots be full, that you may put in a pint of butter more upon the top ; afterwards make a paste of rye-flour, and stop your pots close on the top ; heat your oven, as you do for a pasty, and let it stand as long ; then draw it out of the oven, and let it stand half an hour ; afterwards unstop it, and turn your pots upside down ; if you think fit, you may put them into lesser pots, or the same ; then take off all the butter, leaving the gravy behind, and put into each pot the butter which came out ; let them stand all night ; the next day fill them up with fresh butter. To make a pye of the same, order your venison the same way, not seasoning it so high ; but put in a good store of butter.

To BEEF, p. 37. add,

To bake Beef.

TAKE the sirloin, and skin it three times ; bone it, and beat it well with a rolling-pin ; then lard it well with good bacon season'd well with pepper and salt, and some parsley and thyme minced small amongst it ; afterwards season your beef with the aforesaid spice, but not too much, because it is

eaten hot : it will take good baking because of being tender ; and when it comes out of the oven, pour the grease out, and put a ladle-full of good gravy in it ; if not enough, put more, to make it swim ; and shake it well together, to incorporate ; and serve it up hot.

To MUTTON, p. 39. add,

To hash a Shoulder of Mutton.

CUT the mutton, three-parts roasted, into thin slices ; put into it six good onions boil'd, and beaten small ; then put in some claret, and a spoonful of vinegar ; season it with pepper, salt, some nutmeg, and two anchovies, the bone being broil'd ; put in a little thick butter, and lay the meat upon it, after which serve it up.

To make a Dish of Mutton Cutlets.

CHOP a neck of mutton into steaks, and beat it to make it tender ; wash it over with butter melted thick, and have ready some sweet-herbs chopp'd small with grated bread, a little salt, and nutmeg ; strew it over that side which is butter'd ; then lay it on a grid-iron over a charcoal fire ; butter the other side of the meat, and put on the same ingredients ; make your sauce with gravy, anchovies, and shalot, a little nutmeg, thick butter, and lemon.

To TONGUES, p. 40. add,

To dress Sheeps Tongues, or any other Tongues, with Oysters.

BOIL six sheeps tongues in water and salt, till they are tender ; peel them, slice them thin, and put them into a dish, with a quart of great oysters, a little claret-wine, and some whole spice ; let them stew together a while ; then put in some butter, and the yolks of three eggs well beaten ; shake them well together, and lay some sippets, and pour your tongues upon them.

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To dry Westphalia Hams.

PRICK the hams very well with a skewer on the wrong side; hang them in an airy place, as long as they will keep sweet; make a pickle with a gallon of petre-salt; stir it in the water, till it will bear an egg; then boil it, and scum it; afterwards put into it three pounds of brown sugar; let them lie three weeks in this pickle; turn them every day; the pickle must be cold, when you put them in; then dry them with saw-dust and charcoal: this quantity will do six hams.

To make Westphalia Ham.

MAKE a brine of bay-salt and water strong enough to bear an egg; boil it, and scum it clean; let it stand till 'tis quite cold; rub the bacon all over with salt-petre and salt-prunella beat together; then lay it in a convenient vessel, and put the brine to it; when the bacon hath lain fourteen days in the brine, take the brine from it, and boil it, adding to it a little more salt; boil it till 'tis clear; then scum it, and when 'tis cold, put in your bacon, rubbing it over with salt-petre and salt-prunella, as you did at first; let the bacon lie in the brine three weeks longer; afterwards rub it all over with bran, and dry it with wood-fire.

Another Way.

CUT the leg of a quarter of pork into Westphalia shape; then take white salt; set it on the fire in a skillet till 'tis dry; put to it two ounces of salt-petre finely beaten; the salt must be laid as hot as your hand can endure it; let it lie a week in salt, and then hang it in the chimney three weeks or a month to dry: two ounces of petre is enough to a quantity of salt to one ham.

To Pig and PORK, p. 42. add,

To roast a Gammon.

SOAK it twenty-four hours in warm water; then boil it tender, but not too much; when 'tis hot, score it with your knife, and put some large pepper on it: afterwards put it into a dish, to crisp in a hot oven. You must not forget to pull the skin off.

To bake a Gammon.

PUT a Westphalia gammon to soak in warm water forty-eight hours; then boil it three parts: when it is hot, take out the bones, and lay it very close in the paste, that it may eat firm: you must put store of butter in to bake it; being bak'd and fill'd up, it must stand to mellow with the spice, being only pepper, and a little nutmeg: let it be serv'd up for the second course.

To VEAL, p. 45. add,

To make Sausages for Scots Collops.

TAKE some veal and beef-suet, sage, thyme, a little winter-savory, some grated nutmeg, beaten cloves and mace, a little pepper and salt; beat all these very well together; afterwards beat two eggs, and put to it; heat them again all together; roll them up with grated bread; fry, and serve them up.

To FISH, p. 49. add,

To stew Carps.

TAKE your carps fresh out of the water; scale them, and gut them; then wash the blood out of the body of each carp with a few spoonfuls of claret wine; save that by itself; cut the carps in pieces, and stew them in a little fresh butter; three or four great onions whole, a few blades of mace, with a little bunch of thyme and winter-savory; after they have stew'd a-while, take out the carps, and lay them by, folding them up in a linen,

nen, till your liquor be fitted to receive them again; otherwise the carps would be boil'd to pieces before the liquor were consum'd to a fit thickness: after the carps are out, put in the blood you wash'd out of their bodies, with the claret, and half a pint or a pint of gravy of mutton or beef, according to the quantity of your fish, with a little butter and salt to the butter you stew'd the carps in; and when you think this butter almost boil'd to a fit consistence, put in the carps again, and stew all together, till the same be almost as thick as well-drawn butter; and so serve it in. If you put two spoonfuls of elder-vinegar to the liquor, when you take it up, it will acquire a more grateful taste.

To dress a Crab.

TAKE all the body and the meat of the legs, and put them together in a dish to heat with a little broth or gravy, just to make them moist; then when they may be hot, have ready some good broth or gravy with an anchovy dissolved in it, and the juice of a little lemon together; heat it; afterwards thicken it up with butter, and stir it in the crab, as it is hot: then serve it all up in the shell.

To make a Fricassée of Perch.

BOIL the perch, and strip them of the bones; then half cover them with white-wine; put in two or three anchovies, a little pepper and salt, and grated nutmeg; afterwards warm it over the fire; put in a little parsley and onions, and the yolks of eggs well-beaten: toss it toge-

ther, put in a little thick butter, and serve it up.

To roast a Pike.

SCALE and gut it, but not upon the belly; then take a sweetbread broil'd, shred it very small, and mix it with crums of brown bread, one anchovy, two yolks of eggs, half a nutmeg, a few mushrooms cut small, a little lemon without the rind cut small, a little sweet-majoram and parsley cut small: mix these all together to a pretty thickness; afterwards put it into the belly of the fish, tie it on a stick with new packthread, and roast it. Make for the sauce some good gravy, with a bit of onion stuck with cloves, some mushrooms, and the liquor stir together with a little white-wine, and the juice of an orange; thicken it up with butter, put it to the pike, and serve it up.

To stew Soles.

GUT and skin the soles; half-fry them; then have ready the quantity you like of half white-wine and half water, with some gravy mixt together, a whole onion stuck with cloves, and a little whole pepper; afterwards stew them all together, with a little shred lemon, and two or three mushrooms: when they are done enough, thicken the sauce with good butter, and serve it up.

To dry Whittings.

TAKE the whittings, when they come fresh in, and lay them in salt and water about four hours, the water being not too salt; then hang them up by the tails with a string two days near a fire, after which skin and broil them.

In PASTRY.

TO PYE, p. 63. add,

To candy Tarts, or Puff-paste.

TAKE two or three whites of new-laid eggs; beat them with a spoon in a deep dish; and still, as the froth rises, take it off, and stir it with very fine sugar, and a very little rose-water; then, either with a spoon or feather, lay it upon that you would candy; but observe particularly, to take none but the froth that rises.

To make a Salmon Pye.

FIRST, take a piece of salmon, peel and wash it; then put some spice, onions, sweet-herbs, and boil'd vinegar over it, hot; let it lie thus for half an hour; afterwards bake it in a patty-pan, open, with a border of rich paste, either of cold butter, or of puff; when 'tis bak'd, take off the oil, and put over it a good lear made of shrimps, oysters, crabs, lobsters, or what else you please; serve it away hot. You may make any other fresh-water fish-pye that way.—To make your lear, if you use oysters first, parboil them; then take some of the clearest of their liquor, with white-wine, or very nice anchovy, pepper, ginger, and grated nutmeg; draw up your butter thick with this; afterwards put in your oysters, shrimps, crabs, or lobsters; and if you do not think it enough, stir in the yolk of an egg, and put it over your pye hot: thus you may make any lear either sweet or sour, at your own discretion.

To PUDDENS, p. 56. add,

To make Tunbridge Puddens.

TAKE a pint of great oatmeal, pick'd and dry'd; then put it into a mortar, and bruise it, but not small; put to it a quart of new

milk, and boil it a quarter of an hour; then cover it close, and let it stand till 'tis cold; afterwards take eight eggs beaten and strain'd, a penny-loaf grated, half a pound of beef-suet shred small, half a nutmeg grated, three spoonfuls of sack, a quarter of a pound of sugar, or more: mix all these well with your hand; it will require three hours boiling; pour a good deal of butter over it. This quantity will make a large pudden.

To make a Tansy.

OUT of sixteen eggs, take eight of the whites; half a pint of thick cream; beat the eggs and cream together; put into it the crums of a penny manchet, a nutmeg grated, a little sugar and salt, according to your taste; then get a handful of spinach, beat, strain, and colour it, as you think fit; beat all these ingredients well together; afterwards take a frying-pan, heat it over the fire with a bit of butter the bigness of a small nut; pour it into a pan over a slow fire; keep it stirring, till it will all leave the pan; put in no more butter; put it out upon a plate; then put some oranges in quarters about it, and serve it up.

Another Way for a Tansy.

BEAT sixteen eggs well, put into them a pint of cream, half a pint of juice of tansy, and some nutmeg; sweeten it to your taste; put in two penny-loaves grated; if it be too thick, put in more cream to fry with it.

To make Black-puddens.

TAKE two quarts of cutlings, and five quarts of milk; boil the cutlings very well in the milk, till they be tender; let them stand all night stop'd close; then take them out, and beat them very well in a mortar;

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mortar; after which mix them with twelve eggs and sweet-herbs, cloves, mace, nutmeg, and a little salt, according to your palate; put in two pounds of beef-suet, two pounds of hogs lard, and as much sheeps blood as you think convenient; and do not season them till your ingredients are all together.

To CAKES, CUSTARDS, p. 58. add,

To make a Cake.

TAKE five pounds of the finest flour dry'd, six pounds of currans wash'd, pick'd, and dry'd, let the currans be small; a pound of raisins ston'd, and chopt very small and dry; half a pound of citron, twenty or thirty yolks of eggs, three dozen of cloves, three nutmegs, half a dozen blades of mace, a pennyworth of cinamon, a pound of sweet almonds. Beat all the spices well dry'd to powder; one grain of ambergris, one grain of musk, half a pound of doubly refin'd sugar, beaten to powder very fine, two pounds and a half of butter without salt, a pint and a half of cream, half a pint of rose-water, half a pint of sack, a pint of good new hawm.

The manner of making it up.

Take your flour, when 'tis dry'd; put it into a tub, or any clean vessel, with your spices and sugar; then take your cream and butter; warm them till the butter is melted, after which beat the yolks of your eggs: mix them with your sack, hawm, and rose-water; and pass it thro' a sieve into your cream and butter, which you must stir very well before and after. Let all be but blood-warm; then put it all into your flour; afterwards cover your liquor thinly over with flour; then whilst your oven is heating, (which must be as hot as to bake white bread) set it by a good fire, and cover it

with a cloth, that no air may get into it: when it is well risen, mingle it all together; afterwards put your almonds, and two-third parts of your musk, into it: mingle all together very well, but be not too long, for fear it make it heavy; then butter your rim within, and throw a little flour over it, that it may not stick; and upon the paper you set it on, do the same; in the middle of your cake put your citron cut in thin pieces; then put it into the oven, in which it may stand two hours. You may try your oven with some flour; if the flour change its colour but little, it is well; but if much, it is too hot. You may cool it with a basin of water; for if you stand till it is colder, your cake will be spoil'd.

To make the Icing for it.

All the while your cake is in the oven, you must pound in a stone mortar a pound and half of doubly-refin'd sugar, which hath been searced with the rest of your musk, and two whites of eggs beaten with some rose-water; and only take the froth as it rises; put it in by little and little, till you see it is wet enough to ice your cake upon and about: when it is out of the oven, lay but half of it in smooth ice, and the rest in what figure you please.

Hall Cakes the best.

TAKE thirty apricocks pretty ripe; hair and cut them in slices, but not in water; when they are cut, put to them a spoonful and half of the choicest of the clear liquor cakes which is left; then boil them carefully for fear of burning, till they be tender, and the liquor dry'd up, and they come from the skillet; afterwards take a pound of sugar to a pint of pulp; the sugar must have been sifted and dry'd in a dish well over the fire; then put out the pulp,

and

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and when 'tis warm, stir in the sugar, till 'tis all dissolv'd, and the scum that rises next, take off, and let it stand till the scum rises all: lastly, take it off, and glaze it.

To make little Cakes.

TAKE two pounds of fine flour, one pound and half of butter, the yolks of five or six eggs, one pound and half of sugar, six spoonfuls of rose-water, nine spoonfuls of sack, three spoonfuls of caraway-seeds, two nutmegs, one pound of currans; beat your batter with your hand, till it is very thin; dry your flour well; then put in your sugar, caraway-seeds, and nutmegs being finely grated; afterwards put them all into your batter with your eggs, sack, and rose-water: mingle them well together; then put in your currans; let your oven be pretty hot, and they will be bak'd in less than a quarter of an hour, or as soon as they are colour'd a little.

To make Liquorice Cakes.

TAKE hyssop-water and red rose-water, of each half a pint; half a pound of green liquorice, the outside scrap'd off, and beaten to pieces with a pestle: put to it half a spoonful of aniseeds, and then steep it all night in the waters; boil it with a gentle fire, till the taste be well out of the liquorice; afterwards strain it, and put to it three spoonfuls of liquorice powder; set it on a gentle fire, and keep it stirring, till it be come to the thickness of cream; then take it off, and put to it half a pound of white sugar-candy scarced very fine; beat this together as you do biscuit; it must be beat at least three hours, and never suffer'd to stand still; as you beat it, you must strew in doubly-refin'd sugar finely scarced; this quantity will take at least three pounds of

sugar; half an hour before 'tis finish'd, put in half a spoonful of gum-dragon steep'd in orange-flower water; the gum must not be too thick: when it looks very white, 'tis beaten enough; then roll it up with fine sugar; if you will have it perfum'd, you must put a pastil or two in it.

To make light Sugar Cakes.

TAKE one pound of scarced sugar, and almost a pound of butter; work them together a quarter of an hour with your hands; then beat it half an hour with a slice; afterwards take six eggs, leaving out two of the whites; four spoonfuls of rose-water: beat all these together three quarters of an hour; then put in one pound of fine flour well dry'd, and work them all together; after which, your oven being ready, butter your tin pans; then bake them less than half an hour; when they are put in, if you please, candy them over with a little rose-water, and sugar, warmed together.

To make red Cakes.

TAKE a pound of fine flour well dry'd, a pound of sweet butter well wash'd in rose water, a pound of doubly-refin'd sugar well scarced; mix your sugar and butter together, beating well with your hands, six eggs; take the trends out of them, beat them well, and put them into your sugar and butter; then take and shake your flour with a dredging-box, put in a few coriander-seeds, and beat all together with a spoon and your hands; afterwards take some wafer-paper and white paper under it; make them into the bigness of a walnut, and put them thin on the papers; bake them in a pretty hot oven, but first roll them with a little refin'd sugar, that you may leave of the pound.

Clear.

Clear-cakes the best.

TAKE about twenty-five or thirty apricocks; hair them; slice them into water as little as will save them from turning red; when they are all haired, put them into a bell-metal skillet, with some-what more than a quarter of a pint of water; put them on the fire, boil them fast with stirring; when they are turning tender, put in four spoonfuls of codling juice, and boil them till you see them grow thickish; then put them into a clean strainer, and hold both ends up, rolling it till all the clear is out; afterwards to a pint of this liquor a pound of sugar, which hath been beaten and sifted thro' a fine sieve; then put the liquor and the sugar together, and stir it till all the sugar is melted, and the scum doth arise; after which take it off, and let it stand till the scum doth come off all together; then take it all off, glaze it, and put it in the stove; let not the fruit be too ripe.

To make Almond Butter.

TAKE three pints of cream, and set it on the fire; the yolks of eight eggs; a quarter of a pound of almonds blanch'd and pounded very well: strain these, and put them into the boiling cream, and sweeten it to your taste: put in a little orange flower-water; and when it is well-boil'd, put it into a sieve; when the whey is run from it, beat it up together, and lay it high.

To make Almond Puffs.

TAKE half a pound of almonds blanch'd and pounded very well in a mortar; five whites of eggs; the rinds of two lemons grated and dry'd: make them up with fine scarced sugar into stiff paste; form them into what fashion you please, and then ice them, and so bake them.

To make Apricock-chips.

TAKE half a pound of apricocks, cut in slices, but not too thin; then take half a pound of doubly-refin'd sugar; put them to a very little water, set them on the fire, and let them boil very fast, till they are clear; then let them stand in, till they are half cold; afterwards take them gently out of that syrup, and put them into a clean bason, or dish that is not too big; then strew half a quarter of fine scarced sugar upon them in every place, and so let them stand until the sugar be dissolved, not setting them on the fire again; afterwards take them out with a bodkin, for fear of breaking; and lay them upon glass plates; set them into the stove; and as they dry, turn them on the other side.

To make Cakes of Apricocks.

TAKE the ripest apples or codlings, or any other sort which may be had, about six apples to three dozen of the ripest apricocks: pare your apples, and slice them into some boiling water: do the same with the ripest apricocks; boil it as fast as possible till they are tender; then let it stand a little before you strain it; it will taste the sharper of the fruit, and grow more thick: afterwards take the weight of the jelly of the finest sugar, which must be pounded small: stir that and the jelly together, over a pretty quick fire, till it rise with a scum; but by no means boil: then put in your glasses some little bits of apricocks very well dry'd; for if they be the least wet, it will hinder the cakes drying; afterwards put the jelly on them, and place them in a stove to dry; but the sun is better for this purpose.

To make Wafers.

TAKE a pound of sifted sugar, and a pound of fine flour; beat up

up six yolks of eggs, a very little salt, and some fair water, all together, till 'tis as thick as pancake-batter, to be used.

Another Way.

TAKE six eggs, but three whites; one pound of fine flour; one pound of doubly-refin'd sugar: mix them very well together; then put to them a quart of cream not too thick; a little orange-flower-water to give it a taste, and the peel of a lemon: mix them well together, and let it stand an hour or two, before you bake them.

To make Mackaroons.

BEAT two pounds of almonds very fine with rose-water; then take two pounds of searced sugar: beat them very well together with the whites of eight eggs; afterwards dress them upon wafers, and bake them in a hot oven.

To fry Puffs.

TAKE two quarts of milk, and a quart of cream; make curds thereof; strain the whey very well from them; break them well; then put in the yolks of seven eggs, and the whites of two; put in some sugar, a little rose-water, a spoonful of sack, a little nutmeg grated; work it pretty stiff with grated bread; afterwards take two square trenchards, flour them, and spread it pretty thick on the trenchard; then have a pan half full of beef-lard, and let it boil; cut them the bigness of a Naples biscuit; put them in as you cut them; fry them very well; serve them to table with a little thick butter, and sack and sugar; send them in hot; otherwise they will fall.

To make Fritters.

TAKE the yolks of seven eggs, and the whites of four, and beat them very well; half a pint of sack; a quarter of a pint of ale;

half a pint of sweet cream; two or three spoonfuls of ale-yeast; a little beaten ginger; some mace; one nutmeg grated; and some sugar; then put in as much flour as will make the batter as thick as for wafers, and let them stand an hour: afterwards take some good pippins, pare them, and take out the cores; cut the apples thin all over, that they may lie in rings in the batter: when it is ready to be fry'd, season it with as much salt as will lie upon a knife's point; then take the sliced apples, dip them in the cold batter; and take beef-suet try'd, put it into a frying-pan; and when the liquor is boiling hot, put in the apples dipt in the batter, one by one, to the liquor, that they may not stick together; fry them crisp.

To make Raspus Cakes.

TAKE a pound of the palest red raspus, with a few white in them; and strain a few seeds out of them; then put to them a pound of sugar, and stir them together, till the sugar is melted, but be sure they do not boil; afterwards put them into glasses to dry.

To make Orange Cakes.

TO six ounces of orange-flowers, put twelve of fine sugar; boil the flowers in two waters; weigh them after they are boil'd; then beat them to a pulse, and squeeze in half a lemon; boil the sugar to something more than a candy-height; and when 'tis cool, put it in the flowers; but do not let them boil, only stir them as a clear cake till they be thick; then drop or glass them.

For the same.

PARE your oranges very thin, or rasp them with a grater; then cut them in two in the middle, take out the seeds, and put the meat and juice into a clean vessel; afterwards

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wards take the rinds, and put them into a cabbage-net; boil them in two or three waters, till they be tender; when they are enough, squeeze the water from them; then weigh them and pound them in a stone mortar, till they are pretty fine from lumps; afterwards take to a pound of the peel a pound and an half of doubly-refin'd sugar, finely scarced, and put them all together with the meat and juice; mix it well; if you please, you may put in the juice of a lemon or two; set it over the fire, and keep it stirring all the while, till it be very hot, but not boil; when 'tis

cold, put it into your glasses, and set it in your stove.

To make Savoy Biscuits.

TAKE eight eggs, part the yolks from the whites, beat your whites till they be very high; then put your yolks in with a pound of sugar; beat that for a quarter of an hour, and when your oven is ready, put in one pound of fine flour, and just stir it, till 'tis well mixt; lay your biscuits upon the paper, and ice them, which will be infallibly effectual: only take care your oven be hot enough to bake them speedily.

IN PICKLING.

TO p. 62. add,

To pickle Mushrooms.

IN August or September gather your mushrooms, and with a knife peel off the uppermost skin; the great ones cut in quarters, and fling them into fair water as you do them; be sure you put in no worm-eaten ones: the button you may put in whole; the white are the best, and will look better colour'd than the red; then take them out of that water, and wash them in another clean water; afterwards take them out, put them into a dry skillet without any water, set them on the fire to boil, put in some salt, and let them boil in their own liquor, till half the water is consumed, and they are as tender as you would have them; as the skum rises, take it off; then remove them from off the fire, and pour them into a cullender, that the water may all drain from them; after which, have a pickle ready boil'd, and cold again, made of the best white-wine vinegar you can get; put in a few cloves, mace, ginger, and whole

pepper, when you boil it: when your mushrooms are cold, put them into the pickle; tie them up close, and keep them for use.

To make Mushroom Catchup.

PICK and clean the mushrooms well, but do not wash them; put them in an earthen pipkin; throw a little salt over them, and cover the pot close with coarse paste: they must be in the oven six or seven hours; then press them a little, and pour off the liquor, which must be put over fresh mushrooms, and bak'd as long as the first; afterwards pour off that liquor without pressing them, and boil it very well with salt sufficient for keeping: it must be boil'd above half away, and till it feels clammy when you put your fingers to it: when 'tis cold, bottle it up, and keep it in a moderate place as to cold or heat: thus it will continue good for years.

To pickle Cauliflower.

TAKE the whitest and closest cauliflowers; cut them the length of your finger from the stalks; then boil them in a cloth with half milk and water; do not boil them

tender;

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tender; afterwards take them out carefully, and set them by to be cold; then take the best white-wine vinegar, cloves, mace, and nutmeg cut into quarters, a little

whole pepper, and a bay-leaf; let these boil well in the vinegar, and set them to be cold; after which put in your cauliflowers, and in three days they will be fit to eat.

In CONFECTIONARY.

TO PRESERVES, p. 67. add,

To preserve Apricocks.

TAKE about fifteen middling apricocks, (they must be just turned from green) slit them, and pare them thin; then to the fifteen put a pound of sugar; but you must take only three quarters of a pound at first, and just wet it with water; put it into a pewter dish; then boil and skum it; when it is cool, set in your apricocks, as you pare them; and the other quarter of a pound beat small, and strew a little on the tops to keep the colour; then set them on, and boil them, strewing the rest of the beaten sugar to clear them; and when clear, take them off, and stone them: the next day take the palest apricocks, when they are just turn'd hairy; stone and scald them; afterwards take their weight in doubly-refin'd sugar, and with one half of it make syrup: when it is skummed, put in the apricocks, and boil them till they be clear and tender; and as fast as you can; then lay them out to drain; afterwards with the other half of the sugar make a thin candy; lay them in it, and give them just a heat; turn them, and give them another heat; the next day lay them out on glasses to dry.

To preserve and candy Orange and Lemon-peels.

CUT your oranges and lemons in half, take the meat out of them, and lay the peels three days in fair water, changing the water once a day; then boil them in three seve-

ral waters, till they are tender; afterwards take a pound and an half of good powder-sugar, clarify it, put a pound of your peels into it, and boil them till your sugar is at a full syrup; then cool them; and keep them for use: when you would candy them, take them out of the syrup, wash it clean from them in warm water, and dry them well with a clean cloth; after which make a new syrup for them of loaf-sugar, and boil the syrup to a manus-christi height; then put your peels into it, and boil them till your sugar is at a casting height; afterwards take them from the fire, and keep them stirring, till your syrup begins to cool; then take your peels out, and when they are cold, they will be candy'd white and clear, for use.

To preserve Citrons.

TAKE the best citrons you can get for colour, and thorough ripe; and where you find them specked, pick out with a penknife very finely, not taking any of the rind; where it is clear, and where you find them look russet or black, scrape it off very thinly; scour them very well with salt, and wash them clean; then quarter them, and take out the pulp, saving the juice; afterwards put the quarters into a skillet or kettle, cover them with water very well, (if you shift the water twice or thrice, 'tis the better) and boil them with a wood-fire as fast as you can, till they be very tender; after which take them up, and lay them on a cloth to drain;

drain; then weigh them, and to every pound of citron take a pound and a quarter of sugar doubly-refined, and to every pound of sugar a pint of water; dissolve the sugar in the water, and when 'tis as warm as milk from the cow, put in the citron, and let it stand a quarter of an hour on the fire, not exceeding that heat; afterwards take them from the fire, put them into an earthen pot, and set them by till the next day, cover'd; and so every day for fourteen days or more, as you shall find need: warm them, and when you find them perfectly preserved, put in the juice of two lemons to three or four pounds of it; then take up the citron, and give the syrup a scald or two; and when 'tis cold again, put them in pots together; let the pots stand open till it be quite cold; for if you let the citron boil hot, it will be tough and thick: therefore some, who cannot find the temper, will only warm the syrup, and not the citron, until they be perfectly preserved. Be sure the citrons be boiled very clear in the waters.

To preserve Barberries.

TAKE a pound and an half of fine sugar, and three quarters of a pint of water, and make your syrup; then take half a pound of barberries, the stones pick'd out; afterwards take a pound of barberries strip'd from the stalks, and put them into a pot close stopp'd; set them in a pot of seething water, and let it seeth a quarter of an hour; then take out the pot, and strain the barberries into a dish or porringer of silver, for changing the colour, and seeth it a quarter of an hour, when the syrup will boil until it will rope; afterwards put in your barberries, your syrup seething on the fire, as fast as it can, a

little while; then take it off the fire, and put the strain'd barberries into it; afterwards stir them together, and skim them clear to put them up.

To preserve Currans.

TAKE the largest Dutch currans, when they are ripe, but not too ripe; then take a quill, cut it sharp, and pick off the black; afterwards pick the seeds very clean out; break the currans as little as you can; then cut them close off the stalks; with the quill put them into a clear glass, as you do them; afterwards weigh them, and to every pound of currans take three quarters of a pound of sugar, a pint of water, and half a pint of juice of currans; next take the sugar, water, and the juice of currans; give it one boil up together, and skum it clean; then put in your whole currans, and let them boil very quick, till they be clear: save out some of the sugar to strew on them while they boil; it will clear them much: when you see it is a thin jelly, take it off, and put them into your glasses. You must strain some of the jelly through a tiffany into a porringer, which must be heated next morning, and put on the currans. Do white currans the same way; but put no juice to them.

To JELLIES and CREAMS, p. 70. add,

An excellent way to make Jelly.

TAKE a shoulder of veal, and cut the fat clean away; then take three or four calves feet, scald them clean, and cut away the fat; afterwards lay both the veal and feet in fair water four or five times; then take a pot which will hold two gallons of water, and put in your veal and feet: when it seeths, skum it well; boil it till it is reduced to half a gallon, or somewhat more: it must
boil

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boil five hours or longer; after which strain it, and when 'tis cold, take the fat quite away.

To make Lemon-cream.

TAKE one pint of thick cream, set it on the fire, keep it stirring, let it simmer; sweeten it very sweet with fine sugar; keep it stirring till 'tis pretty cool; then put in the juice of half a great lemon with the peel wrung in to make it taste of the peel: when 'tis stirred till 'tis cold, stir it up high to bring a froth in the dish; and when cold, serve it up. Early in the morning, 'tis proper to make this cream against dinner.

Another for the same.

SQUEEZE nine lemons upon a pound and an half of doubly-refin'd sugar, in fourteen or eighteen spoonfuls of fair water; then set it on the fire, till the sugar be all melted; put it to the white of nine eggs, stirring it; strain it through a napkin, set it on the fire again, and stir it all the while, till you see it begin to thicken; afterwards put in orange-flower-water, four or five spoonfuls to your taste; take it off the fire, and put it into your dish: you must put some lemon-peel into it; and some must be boil'd tender, and cut into small strings, to lay at the bottom of the dish.

To make clear Lemon-cream.

TAKE the half of a hartshorn jelly, and put into it the peel of two lemons; set it over the fire, and let it boil; then take the whites of six eggs, and beat them well; take the juice of four lemons, grate the peel of them, and put it into the juice of the lemons to soak a little while; afterwards put the juice and the eggs together; put in such a quantity of doubly-refined sugar, as will sweeten it to your taste; let it boil very fast almost a quarter of an hour;

then strain it through a flanel jelly-bag, and as it runs through, put it in again two or three times, till it looks clear; after which take the peel of lemons boild in it, and cut it into very fine threads: put an equal quantity of them into every glass; stir it till 'tis half cold, and then put it into glasses.

To make yellow Lemon-cream.

GRATE off the peel of four lemons; squeeze the juice to it, and let it steep four or five hours; strain it, and put to it the whites of eight eggs, and the yolks of two, well-beaten and strained; a pound of doubly-refined sugar, a quarter of a pint of rose-water; and a pint of spring-water: stir all these well together, and set it on a quick fire, but let it not boil; and when 'tis cream, 'tis enough.

To make Spanish-cream.

TAKE three spoonfuls of rice-flour, searced very fine; three yolks of eggs; three spoonfuls of fair water; two spoonfuls of orange-flower-water: mix them well together; then put to it one pint of cream, and set it on a good fire, keeping it stirring till 'tis of a good thickness; afterwards dish it, and keep it cold.

To make Sugar-loaf-cream.

TAKE a pint of jelly of hartshorn; put in a little isinglass; make it thick with almonds or cream, which you please; sweeten it very well; put it into tin pots; let it stand till 'tis cold; when you use it, dip the pan in warm water, and take it out whole.

To make Chocolate-cream.

TAKE a quart of cream, a quarter of a pint of white-wine, a little juice of lemon; sweeten it very well; lay in a sprig of rosemary; grate some chocolate, and mix it all together; stir it till 'tis thick, and dish it up.

To make Cream of Almonds.

BLANCH almonds, and then bruise them small in a mortar, and strain them thro' a strainer with fair water; then strain them thro' again with thick milk, and with a quarter of a pound of sugar; put that into a pot, set it over the fire, put thereto a little salt, and stir that well, that it burn not to the pot; when that is boil'd, take it from the fire, cast a ladleful of fair water into it, cover it with a dish, and let it stand; afterwards take a fair cloth of an ell long; let it be holden strait abroad, and cast the cream upon it with a ladle; draw under the cloth to draw the water from the cream from the midst of the cloth; knit the four corners of the cloth together, and hang it upon a pin.

The Lady Bristol's manner of making the Spanish Nita, alias clouted Cream.

TAKE a great quantity of milk from the cow; scald it in a kettle upon a charcoal fire, stirring it that it burn not at the bottom; and when 'tis ready to boil, take it off, and stir it a little while after it is taken from the fire; then lade it into a milk-pan; let it stand twenty-four hours at least; afterwards divide the cream with a knife, as it stands upon the pan; and take it off with a skimmer, that the thin milk may run away; then lay it into dishes, one piece upon another, till your dish be as full as you please to have it; thus keep it twenty-four hours before you spread it, or longer, if you please.

To make a Dish of Almond-butter.

TAKE a dish of sweet butter, and sceth two eggs very rare; take the yolks of them, and put to the butter; then take twenty or more

blanched almonds; stamp them, and grind them fine with two spoonfuls of rose-water; then put them to the butter, and stir all these together; afterwards strain them thro' a cullender, with a quantity of sugar, into a pewter dish, and so serve it in.

To make Lemon-butter.

TAKE a quart of cream, the whites of three eggs well beaten with a little orange-flower-water; sweeten it to your taste; then take a lemon, rasp the rind, and put it into the juice of the lemon; let it stand while your cream is ready to boil; next, put it into the cream, and when 'tis boiled a little, put it into a sieve, and let the whey run from it; then beat it up well together, and lay it up high in a dish. The same way you make orange or chocolate-butter, only with the yolks of eggs.

To green Leaves.

TAKE little leaves of a pear-tree; keep them close stopped in a hot scalding pale verjuice and water; then give them one boil in some syrup of apricocks, and lay them between two glasses to dry; smooth and cut them in shape of apricock-leaves; for little apricock-leaves are so tender, they will not endure greening; be sure they be got with stalks, and stick them in the apricock; close up the apricock as plump and natural as you can.

TO MARMALADES, p. 71. add,

Orange Marmalade.

BOIL only the flowers in two waters, and beat them, when dry'd, in a cloth; pound them in a mortar pretty fine; then take their water, and half as much again of sugar finely sifted; boil them together till pretty thick; for it will presently candy: a spoonful or two of juice

juice of codlings cannot hurt: the seeds must be taken out, and the green oranges, before they are boil'd.

In DISTILLERY.

TO p. 80. add,

To make Lemon-water.

TAKE two dozen of lemons, pare the rinds of them very thin, and put them into an earthen pot; then put to them a quart of the best brandy, and stop it very close, that the air may not come in; let it stand a fortnight; afterwards put it in a cold still, with a quart of the best Malaga sack, and paste it up close, to prevent the air from entering; keep it with wet cloths; when your water is all still'd, put it all together, and put half a pound of doubly-refin'd sugar unbeaten to two quarts of water, and let it stand in an earthen pot, 'till all be dissolv'd: or else you may sweeten with sugar beaten fine to your taste.

To make Lemon-cordial.

GRATE the rinds of two lemons; then take the juice, and put the rind to it; let it lie in it half an hour: afterwards take eight yolks

of eggs; beat them well with a little water; then strain the juice of lemon from the peel into the eggs: in the mean time have in readiness some water and white-wine, and a little white bread boil'd; sweeten it; let it cool a little: afterwards put in the juice of lemon and eggs, and keep it stirring all the while over the fire, while it thickens; there must be three pints of water and wine; it must not be too strong of the wine.

To make Orange-water.

TAKE the parings of forty oranges, if they be very good and large; if not, fifty; steep them in a gallon of sack three days; then distil the sack and peels together in an alembick: if you chuse it very strong, distil it in an ordinary rose-water still; put into the bottles it drops in, some white sugar-candy; divide the oranges and sack, and do it twice.

In ENGLISH WINES.

TO p. 88. add,

To make Apricock-wine.

STONE the apricocks; slice them into a large stone-jug; put to them so much water as may taste strong of them; when 'tis boil'd, set them in a skillet of water; and when you think the boiling water strong enough of the apricocks, pour off all the clear; then you may put in more water to the same apricocks, and boil it as before; afterwards take, for every three pints of clear liquor, a pound of loaf-sugar; put it to the liquor, and let it boil about a quarter of an hour,

skimming it clear; then set it to cool, and when 'tis cool, put it into a runlet; let it stand two months; after which draw it off into bottles, and stop them well: it will not be ready to drink till half a year; the longer 'tis kept, the stronger and better it will be.

Cowslip-wine.

BOIL eight gallons of water, and twelve pounds of sugar, an hour together, and skum them; then take them from the fire, pour into the liquor one strike of cowslips, well pick'd, only the tops; and let them stand till lukewarm; afterwards put in the juice of twelve or fourteen

fourteen lemons with some peel to lie in, while it stands cover'd with a cloth, which must be four days; then strain off the clear, wring close the cowslips, and mix it all together: after which let it stand twenty-one days in a great glass bottle: when 'tis clear, bottle it out, and keep it for use.

Another for the same.

TAKE four gallons of spring-water, and put to it six pounds of good sugar; boil near an hour, keeping it skimming clean; then pour it hot on three pecks and an half of good cut cowslips; let it stand till it is a little more than milk-warm; afterwards put in the peels of four fresh lemons, with the juice of six, if not large; let it stand two or three nights and days: run it thro' a hair-sieve.

To make Mead.

TAKE to each gallon of water a pound and an half of honey;

boil it with a handful of sweet-marjoram, sweet-briar, and bay-leaves, with a sprig of rosemary, a few nutmegs quarter'd, mace, cloves, cinnamon tied in a bit of thin cloth, that you do not skum them off; let it boil a full hour, and keep it skimming all the time the skum rises: when boil'd, put it in a pail, or other wooden vessel proportionable, and work it with about a spoonful of barm or yeast to each gallon: put to it when 'tis just lukewarm, and tun it when it works over; and when you perceive it fine, bottle it off; but if it do not fine in a week's time, rack it, and let it stand three or four days longer.

To make Orange-brandy.

STEEP some orange or lemon-rind cut thin, in a quart of brandy: boil a quart of water, into which put three quarters of a pound of sugar, and let it boil a little: when it is cold, mix it together, and bottle it up.

In FAMILY BREWER.

TO p. 94. add,

To make a Quarter of a Hogthead of Ale, and a Hogthead of Beer of coked Malt.

TAKE five strike of malt not ground too small; put in some boiling water to cover the bottom of your mashing-vat, before you put in your malt; mash it with more boiling water, putting in your malt at several times, that it may be sure to be all wet alike; cover it with a peck of wheat-bran; then let it stand thus mashed four hours; then draw off three gallons of wort, and pour it upon that you have mashed; so let it stand half an hour or more, till it runs clear; then draw off all that will run, and take two quarts of it to begin to work up with the barm,

which must be about a pint and an half; put in the two quarts of wort at three times to the barm: you need not stir it till you begin to put in the boiled wort: you will not have enough to fill your vessel at first; wherefore you must pour on more boiling water, immediately after the other has done running, till you have enough to fill a quarter of a hogthead; and then pour on water for a hogthead of beer: as soon as the ale-wort is run off, put about a third part into the boiler: when it boils up, take off the skum, which you may put upon the grains for the small-beer: when 'tis skimmed, put in a pound and an half of hops, having first sifted out the seeds; then put in all the wort, and let it boil two hours and an half; afterwards strain it into

two

two coolers, and let it stand to cool and settle; then put it up, by a little at a time, to the barm, and two quarts of wort, and beat it well together: every time you put the wort in, be sure to keep the settling out. Suppose you brew early on Thursday morning, you may tun it at nine or ten on Saturday morning.

Do not fill your vessel quite full, but keep about three gallons to put in, when it has work'd twenty-four hours, which will make it work again. As soon as it hath done working, stop it up; put the drink as cool as you can together: thus it will work well.

In COSMETICKS.

TO this article, p. 96. add,

To make Hair grow thick or long, or to stay it from falling off.

TAKE euphorbium powder, axungia or bear's-grease, what quantity you please; gum cistus thapsia, the spear-shifal, grape-leaves, maidenhair, walnut-tree-leaves, wild hops, mallows, pellitory of the wall, yarrow, mustard-seeds or leaves, some of the leaves of the pliant mealy-tree, the nuts of the cypress-tree: put to these two quarts of sack, and two quarts of rain-water, and one pound of honey; put it into a still, still it, and use the water as you shall see cause; which will make the hair come where it is fallen off, and thicken and make it long. You must have a quart of the juice of the thistle, a good quantity of balm, and also rose-buds: still them all together.

Dr. Spence's Receipt to make Oil of Tartar for Freckles, &c.

TAKE of white argol or tartar, half a pound, and as much of salt-petre beaten to very fine powder; then fire it upon a polish'd marble stone with an iron rod, and take the stone which remains of it, beat it to powder, and hang it in a cloth bag in a moist cellar, and it will turn to a clear oil; then put something under to receive it; sal gemmæ, sal ammoniack, of each one ounce; litharge of gold, four

ounces; stilled vinegar, four ounces fair water, three ounces: stir the litharge and the vinegar together for the space of half an hour; put the water and the salts together, and stir them half an hour, or till the salts are dissolv'd: put the litharge and vinegar into one dish, and the salts and water into another; then let them stand till they be clear; filtre them with a woollen cloth, and keep them apart, both which will be as clear as rock-water: when you intend to use it, take four or six drops of each, and mix it in the palm of your hand, and it will look like cream of milk.

The Virtues.

It will cure all sun-burnings, freckles in the face pimples, spots, morpew, and all defects in the skin: use it in the following manner, which will cause a scurf.

Take this as formerly mix'd, and let it dry-in at night; the next morning take a piece of scarlet cloth, and rub the part gently, which will fetch it off. After which wash it with French barley boil'd in plantain-water.

To take away Freckles.

ROAST a very fat breast of mutton, but neither salt nor baste it; let the dripping-pan be very clean, and put into it half a pint of the best white-wine vinegar; let the meat drip into it; then melt it together; strain and stir it till 'tis cold;

cold; work out the vinegar, and wash it with rose-water; afterwards take two ounces of white-wax, one ounce of the ointment, and half an ounce of sperma ceti; melt it together, dip cloths in it, or spread it, and wear it as a mask day and night, but especially at night.

For the same.

TAKE some of the person's own water in the morning, as soon as 'tis made; steep in it one handful of mallows, and let it stand till night; then wash the face with it, and use no other medicine.

To make Suet for the Hands.

TAKE the weight of six or eight pounds of the fat caul of a young sheep, while it is hot; and pick out all the red strings; put the suet into fair conduit-water; shift it twice a day for three or four days together, and open it where you see it yellow; then you must have a peck of marsh-mallow roots, and two white lily-roots; scrape them very white, and pick out all the black specks; slip them in small pieces; take half a score of white pippins; pare, core, and cut them in little pieces: then take your suet, and dry it very well in a sheet; shred it small: afterwards mingle the suet and apples

together with your roots; put it into an earthen pitcher; stop them very close, set them in a kettle of water, to boil eight hours; then strain it all through a clean cloth, and the next day take the cake of suet, and if the outside be yellow, scrape it off; after which break it, and put it into a bason, with a pint of rose-water; melt it again upon a great skillet of water in a silver bason; then take some porringer-dishes, and put into every one of them a little rose-water; after which take your suet, and blow it off, some into every porringer, as you see good; and when cold, they will slip out in cakes.

To make the Forehead-cloth.

TAKE some pieces of Holland clean wash'd, and folded as stiff as possible; then iron every piece, when they are half dry, that they may be very stiff; after which take three ounces of sperma ceti, and six ounces of virgins-wax, and a little piece of suet; melt them all together in a silver dish over a skillet of water; then draw the Holland thro' the dish, until you have wet them all piece after piece; take them out quickly, lay them on a joint stool, and slick them with a slick-stone one by one upon a paper.

In the Frugal Housekeeper's DIRECTORY.

TO p. 104. add the following.

For a Farcy, in a Horse.

TAKE rue, wormwood, tansey, vervain, nettle-tops, hyssop, gill-go-by-the-ground, rosemary, and brook-lime, of each one handful: chop 'em all together as small as you can: steep 'em all night in two quarts of fresh tanners owse; then add one ounce of oil of turpentine, and put some of it in every horn

you give the horse. Bleed him freely in the neck; let him fast all night; the next morning ride him an hour or more; after which give it early, and all with a horn; and then let him stand two hours fasting; afterwards feed him. At four days end, repeat this: if the first draught does not cure, the second is infallible. This is thought the best receipt, though the following are excellent.

For

For the same.

TAKE two quarts of chamberlye, one handful of broom, as much of favin, rue, and feverfue, and half an ounce of turpentine.

For the same.

TAKE one ounce of bole armoniack, oil of spike as much; oil of petre, and oil of vitriol, of each one ounce: boil all these in one quart of chamberlye: when it is cold, give it to the horse, and ride him till he is warm; then keep him so: give him no water the night before, nor meat next day. Then let him eat what he will, but not drink in twenty-four hours after he has taken the medicine.

To prevent the Nail growing into the Toe.

If the nail be hard, and apt to grow into the corners, scrape it very thin, whenever you pare your nails, (with a bit of glass,) which will by degrees make the corners fly up, and grow flat.

To draw out a Thorn.

CHEW some nut-kernels, and mix with a little black soap, and repeat it till the thorn be extracted.

To make an excellent whipt Syllabub.

BOIL a quart of cream, and when it has stood till cold, put to it a pint of white-wine, in which the thin rind of a lemon has been steep'd for two hours; adding also the juice

of one lemon sweeten'd well with fine sugar. When put all together, whisk it all one way, till pretty thick, and then fill your glasses, and use it not till the next day; for it will keep three or four. Your cream must be full the above quantity, and the wine rather less than more.

To make Sago.

SET a pint of water with an ounce of sago in it, over the fire, and carefully stir it till thick; put in it three spoonfuls of sack, or mountain or sherry, a little lemon-peel, and the juice of a lemon, sweetening to your taste.

To make Salap.

PUT half an ounce of salap to a pint of water; stir it over the fire, till 'tis as thick as chocolate; and then season with rose-water, or orange-flower-water, or canary; or, if better liked, with a little lemon-juice and sugar.

To make a comfortable Panada.

INTO a quart of cold water, grate the crum of a white penny loaf, and set it on the fire with a blade of mace in it. When boiled smooth, take it off the fire, and put in a bit of lemon-peel, the juice of a lemon, a glass of sack, and sweeten as you like. Some season with butter and sugar, adding currans; but the first is most innocent.

I N D E X

TO THE

F I R S T P A R T.

I N T H E

Nineteen ARTICLES following; *viz.*

I. **T**HE complete CATERER and HOUSEKEEPER; containing instructions for chusing and managing all kinds of POULTRY; as also how to chuse all sorts of *Butchers-meat, Fish, &c.*

As,

<i>Water-fowl</i>	page 1
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<i>Four-footed Beasts; as Hares, Rabbits; and how to know whether they are young or old, new-killed or stale, &c.</i>	ibid.
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How to buy *Butter and Eggs,*
and chuse good *Cheese, Bread,*
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II. The mystery of the FRUITERERS, containing the most approved ways to gather, keep and order divers sorts of fruit and berries, to have them sound, and with their natural scent and taste in all seasons of the year; in the following articles; *viz.*

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THE
Family Magazine.

PART II.

Being A Compendious
BODY of PHYSICK;

Succinctly Treating of

All the DISEASES and ACCIDENTS

Incident to

MEN, WOMEN, *and* CHILDREN:

WITH

Practical RULES and DIRECTIONS for the
Preserving and Restoring of HEALTH, and
Prolonging of LIFE.

In a METHOD intirely New and Intelligible; in which
every Disease is *rationaly* and *practically* considered in its several
STAGES and CHANGES; and approved RECIPE's inserted
under every Distemper, in *Alphabetical Order*.

Being principally the Collection and Common-place Book of a
late able Physician, by which he successfully for many Years
regulated his Practice.

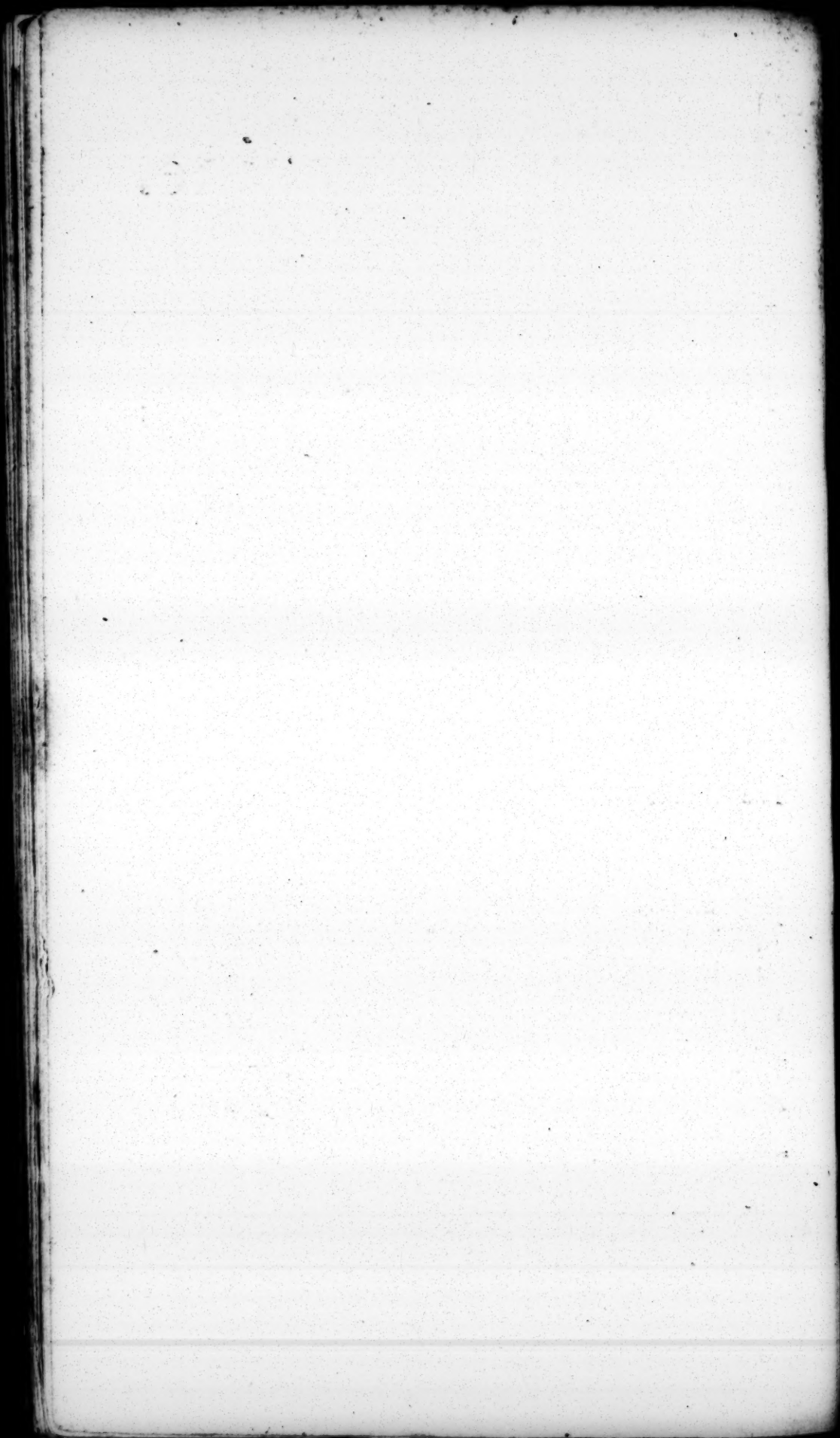
With a SUPPLEMENT, containing a great Variety of *experienced Receipts*,
from two excellent Family Collections.

To which is Added,

*An Explanation of such TERMS OF ART used in the Work, as could not be
so easily reduced to the Understanding of common Readers.*

L O N D O N:

Printed in the YEAR M D C C X L L.



A Compendious
BODY of PHYSICK,
 Succinctly treating of
 All the DISEASES and ACCIDENTS
 Incident to
 MEN, WOMEN, and CHILDREN.

The following general Rules, as to internal Remedies, are commonly observed, in respect to the Age of the Patient.

Suppose that a sufficient dose for a full-grown man is 1 drachm.

For one from 14 years of age to 21, give $\frac{2}{3}$, or 2 scruples.

For one from 7 to 14, give $\frac{1}{2}$ or $\frac{1}{2}$ a drachm.

For one from 4 to 7, give $\frac{1}{3}$ or 1 scruple.

For one of 4, give $\frac{1}{4}$ or 15 grains.

For one of 3, give $\frac{1}{8}$ or $\frac{1}{4}$ a scruple.

For one of 2, give $\frac{1}{8}$ or 8 grains.

For one of 1, give $\frac{1}{12}$ or 5 grains.

Old men are twice children, as well

in respect to strength and food, as to medicines; whence perhaps we may be allow'd to compare one of sixty years of age with a youth of one-and-twenty; one of seventy with fourteen; eighty with seven, and so forward. Tho' these remarks are not so certain, as not to have many exceptions; as may easily appear by comparing, in point of strength, different men of the same age together. Wherefore from age alone you will scarce arrive at any certainty.

The Weights in present Use in the Shops are,

℞ The Medical Pound, containing 12 Ounces.

℥ The Ounce, equal to 8 Drachms.

℥ The Drachm, weighing 3 Scruples.

℥ The Scruple, consisting of 20 Grains.

Gr. The Grain, which is seldom farther divided than into two equal parts, and is accounted nearly equal to the small Grain of white pepper or barley; tho' nevertheless it is preferable to use a Grain of an exactly determin'd weight, viz. the same

same as the Goldsmiths use, in *Fermelius's* judgment; since otherwise all the other greater weights, as founded on the Grain, are uncertain.

The Measures at this day in common use in Physic are either of *Dries* or *Liquids*.

Those of *Dries* are,
The *Fasciculus*, (*Fasc.*) which contains as much as can be held in both the arms, and is reckon'd equal to twelve handfuls.

The *Handful* (*M.*) is determin'd by the quantity, which we are able to hold in our hand, and is reduc'd to four *Pugils*, or half an ounce.

The *Pugil* (*Pug.*) which contains as much as can be held with the thumb, and two first fingers of one

hand, and generally answers to half or a whole drachm.

The *Number* (*N^o.*) equal or unequal.

For measuring of *Liquids*, besides the common Measures used among merchants, we likewise use

The *Oyastus*, which holds about an ounce and half.

The *Spoonful*, (*Cochlearium*) which is taken for half an ounce.

The *Drop*, (*Gut.*) which being the least Measure of *Liquids*, is equal to the grain among Weights; tho' its weight is different according to the different specific gravity and consistence of the drops of the liquid.

A L I M E N T.

AS there is not any thing more material to Health, than to know the nature and qualities of what we eat and drink, we shall begin with the following observations on that subject, drawn as well from reason and experience, as from the best authorities; and shall first treat of

M E A T S.

BEEF is a nourishing, but gross food, breeds thick strong blood, and is to be avoided either roasted, boiled or baked, by sedentary persons, and those of weak nerves, or sickly habits; but to such as work hard, or take much exercise, and have strong health, it is a grateful, a necessary, a strengthening, and an wholesome food: And especially if the rules laid down in the *Treatise of Cookery*, p. 9. for the choice and kind thereof, be judiciously attended to.

Mutton is one of the wholesomest and most nourishing foods in *England*, if good, and judiciously chosen (See *Treatise of Cookery*, p. 9): Inasmuch that its fat, which in most other animal food is to be rejected

by weakly persons, is balsamick and healing to the stomach and bowels, when fretted or disorder'd by colds, or other indispositions. It is, besides, what we may call a natural food to these climates, and so the best fitted for health to *English* bodies, of any other animal food. It is moreover the most perspirable of all animal food.

Veal is a nourishing and wholesome food, and light of digestion to the stomach; and the more so, when plain dress'd, as are all other foods.

Lamb is a tender and light food, and may be indulg'd to tender constitutions, according to the case.

Pork is a very nourishing, but a very gross food. This as well as Beef, may do well with constitutions

ions inur'd to labour and exercise; as indeed any food may: But the learned Dr. *Chayne* tells us, that it ought to be forbidden to the valetudinary, and weak, and studious: A swine feeds, says he, the foulest of all creatures, their juices are the rankest; their substance the most surfeiting, and they are the most subject to cutaneous diseases and putrefaction, of any creature. But yet we may say, that if Pork be chosen according to the rules set down in the preceding *Treatise of Cookery*, p. 10. it may be allowed to the generality of mankind; and be deemed an useful and agreeable Aliment, to such constitutions as are not intirely valetudinary, and obliged for that reason to a strict regimen. Yet Dr. *Arbuthnot* takes notice, that all sorts of Hogs-flesh and oysters are the least perspirable of all animal food.

Bacon is a light and easy food, moderately eaten; but salt or hard meats are unkindly to scorbutick constitutions.

Venison, tho' a food which both scarcity and price have made delicious to the luxurious, has nothing in it but expence which should make it preferable to good tender *English* Mutton, which often equals it for pleasure, and always for health; and many nice palates have been frequently imposed upon, and taken the one for the other, even in the very article in which Venison is thought most to excel; especially when a leg of mutton has been cut Haunch-fashion.

Pyes made of any kind of Flesh-meat are strong food; and by reason of their seasoning, generally too pernicious to health to be indulged to valetudinary constitutions.

But all light *Puddens*, whether of Bread or Flour, if not too doughy,

or buttery, are a wholesome and agreeable food to most Persons, and Constitutions. See *Wheat* and *Rice*, &c. p. 5.

Hare, like other Venison, is more valuable for its scarcity than excellence; being *dry meat* to a proverb, and the fauces it requires to make it otherwise, recommend it the less to those who are oblig'd to study their healths, &c.

Tame Fowls, of all sorts, are generally an innocent, easily-digested, and wholesome food; especially when plain dress'd, and not season'd with high and unnatural sauces.

Rabbets, plain dress'd, are also a sweet and agreeable nourishment.

Wild Fowl is a food generally of a higher flavour than tame; but if not too high season'd and sauc'd, may be sometimes indulg'd to stomachs which find no inconvenience from them. But as they are seldom eat without strong sauces, they had as well be forborn by weak stomachs.

Roast Meats are less nourishing than boi'd.

Fish. Some sorts of Fish, in small quantities, and plain dress'd, such as *Whittings*, *Flounders*, *Plaife*, &c. are not improper for sickly or weakly persons; yet Dr. *Chayne* is of opinion that it is not the most agreeable food for health. Hear what that learned Gentleman says upon the point: "Most Fish, says he, live
" in a saltish element, and come
" only into fresh water rivers, for
" the quietness and conveniency of
" bringing forth their young ones.
" This makes their Parts more
" closely united, and harder of digestion. Besides, they feed upon one
" another, and their juices abound
" with salt that corrupts the blood,
" and breeds chronical diseases. And
" 'tis always observable, that those
" who live much on Fish are is-

“ fected with the scurvy, cutaneous eruptions, and the other diseases of a foul blood. And every body finds himself more thirsty and heavy than usual after a full meal of Fish, let them be ever so fresh; and is generally forced to have recourse to spirits and distilled liquors to carry them off: So that it is become a proverb, among those that live much upon them, that brandy is Latin for Fish. Besides, that after a full meal of Fish, even at noon, one never sleeps so sound the ensuing night; as is certain from constant observation.”

Shell-Fish are generally a nourishing and easily-digested food, especially when dress'd without the high sauces, which luxury has introduced into our cookery.

Eggs are said to be the most nourishing and exalted of all animal food.

It may be observed, that Animals which live upon Vegetables, afford such flesh and humours, as are not so subject to corruption, as others: Wherefore they may be more safely indulged to persons of hot constitutions. Such are Lamb, Tame-duck fed with bread, Tame-goose, Ram, Beef, Goat, Kid, Capon, Stag, Pigeon, Quail, Rabbet, Hens, Tame-pheasants and Partridges, Starlings, Thrushes, Turtle, Wether, Veal, Lark, Wood-cock, Black-bird, Plover, Sparrow, &c.

Cream, Butter, and Marrow, are all lenient and nourishing.

See for the choice of the best of these several kinds of food, the *Cookery* part, p. 1, &c. for *Poultry*; p. 9. for *Butchers Meat*; p. 11. for *Fish*; and p. 14. for *Butter and Cheese*, &c.

Bread. A grateful and strengthening sort of this may be made by well leavening it, twice baking, and

mix'd with a little saffron, nutmeg, cardamums, cinamon, &c.

D R I N K S.

THE usual draught for ailing people, when the case forbids it not, may be, ripe, red, French-wine, thrice or four times a-day, to the quantity of half an ounce.

Brunswick Mum, English Beer, or Ale, and well brew'd small Beer, or, as the Case may require, Spring or clear River-water with a toast in it.

Spa, Pyrmont, Bristol, or other chalybeat Waters, as the case may require.

Of all drinks, Whey is the most relaxing; so are warm water, and decoctions of mealy substances, and Panadas. Honey is the greatest diluter of all vegetable substances.

Coffee, when fresh and well roasted, so that its volatile parts are retain'd, is good for digestion, against worms, strengthens the stomach, dries up moistures, is opening, keeps awake, hinders defluxions, promotes perspiration, resists coagulations, is good in phlegmatick habits, in suppressions and obstructions of the sex, corrects acidities in the blood, and comforts the spirits; it is beneficial in the gout, scurvy, and hypochondriack diseases; in asthmas, agues, (see *Ague*) dropsy, and gravel, and for sedentary and studious persons; and for most disorders in the head, depending on the digestive faculty, and thickness of the juices: But 'tis bad in inflammatory cases, in which volatiles are hurtful, where the blood and juices are too thin; in spitting of blood, and in some consumptive cases.

Tea, in most things, as to its effects, agrees with Coffee. Used discreetly, it carries off gravel, gives spirits,

spirits, is good in rheums of the breast and defluxions; in asthmatick cases, especially taken with saffron drops; creates an appetite, helps digestion, is good for the head and stomach, thins the blood, is beneficial to phlegmaticks, and, properly assisted and strengthened, in apoplexies, palsies, lethargies, &c. It is a good diuretick, corrects sour stomachs and windiness, and is of use to gouty persons, and in indigestions, as also to quench the thirst in fevers. It also helps in palpitations of the heart, in melancholy; and infused in milk instead of water, allays the sharp humours that infest the passage of the lungs, and allow of no rest night or day; and this way also is good food for tender, sickly and consumptive children, gently sweeten'd; and is likewise good against worms, and also in spitting of blood from coughs, &c. This is a brief account of its good qualities; but if immoderately used, it has its bad too, and will occasion those ill effects, and even obstructions, which, moderately taken, it rectifies.

Chocolate is good in cases where the stomach is weaken'd by habitual colicks, fluxes, flatul's, or wind, and where the blood is too thin, and wants nourishment: But in cases of jaundice, obstructions, thick or fizy juices, and the like, it is pernicious, especially if much used. New-made is not so good as older.

Wine of all sorts will heat and inflame; some are pectoral, some heady, some griping. All new wines are laxative and windy. White wines are generally more inflaming than red. Old wines are warmest and most comforting. Rhenish is the least heating, but most dangerous with us, being adulterated by drugs of pernicious qualities, to re-

store it when eager. Sweet wines nourish most, but affect the head and stomach, and occasion viscosities. Small wines hurt the membranous parts and nerves. But after all, good wine, moderately taken, and used discreetly as to its relative qualities with the subjects taking it, is a cordial. But it is so difficult to meet with it unadulterated, that the less generally it is drank, the better.

Cyder is a wholesome liquor, very diuretick, especially the rough *Southham*. The *Herefordshire* cyder of all sorts has been long in esteem; tho' there are those who think the *Devonshire* equal to it in all its good and salutary qualities. The rough well-bodied cyder, drawn and not bottled, may be drank winter as well as summer, without apprehension of gripings or colicks, which some experience from the sweet sorts, which being bottled, ferment, knit, and sparkle, and are almost all wind. See *Apples* in this Article, p. 8.

The same may be said of *Perry*, well made, in some degree; but we think it not so eligible for a constant liquor, nor so vinous and diuretick as cyder. See *Pears*, p. 8.

Brandy has so many bad effects, drank frequently, and so few good ones; that, except for its outward use in the dispersing of tumours, &c. in the hands of the skilful, we would not mention it in the list of Aliments, or such things as are used to promote health. The same may be said of *Rum*, and all spirituous liquors, used too frequently, and otherwise than as mere cordials, as occasion may call. See *Spirituuous Liq.*

For *Cordial Liquors*, see the preceding part, under the Articles *Distillery*, *English Wines*, &c. also the Articles *Cordial*, *Stomach*, &c. in this Part.

The Virtues of most sorts of *Grain, Pulse, Nuts, Roots, Herbs, Fruits, Plants, and Spices*, used for human Food; and first, of

G R A I N.

Barley is of a cooling and viscous nature. If boil'd, 'tis glutinous and cooling: its glutinous quality makes it binding, if the rind be taken off; and its cooling quality retards the circulation; it is therefore good in fevers. In consumptive cases, where asses milk curdles upon the stomach, or cannot be had in great plenty, half barley-water and half asses milk makes a good sham asses milk; yet is barley prejudicial, too frequently used, to the stomach, as it relaxes its coats, weakens its walls, and impairs digestion. Its flower is good to make into poultices, to soften hard tumours, and give ease to the inflammations in the side, called *Pleurisies*. When fermented and brewed into liquor, it loosens the belly; and the newer it is, the more certain is this effect; wherefore tender constitutions, troubled with windy colicks, or frequent loose stools, should studiously avoid it, as they would poison. It is, however, in general, a nourishing grain, and more so by its juice, than in its flower; and the ptisan is both food and a medicine.

Wheat is more nourishing than barley, if made into bread, and unwrought or unleaven'd: it is however doughy, and hard of digestion, especially if eat new from the oven. Pan-cakes, &c. made of it, grow a mere glue, and are a pernicious and obstructing food; but if bread made of Wheat be fermented with yeast, and kept to a moderate staleness, and not made greasy, it is a very nourishing food. Hasty-puddens

made of it, are binding to a degree, and good in laxative cases and fluxes. The process of making starch from Wheat-flower, shews of what a glutinous nature it is. Greasy and doughy pye-crust seems to be no very digestible food, especially to weak stomachs.

Rice is still more viscous than wheat, and so more binding and windy; it is however very nourishing, when mixt with a watry menstruum or liquor; and should always be made thin; or the eaters of Puddens, &c. made of it, should dilute plentifully after feeding on them.

Oatmeal is the wholesomest of all grain. It is a light opening diet, and passes thro' all the capillaries or small vessels, without stopping 'em up. 'Tis good for asthmatical and phthical people, because it brings up their phlegm. 'Tis also good in vapourish constitutions, because it smooths and licks up the sharp humour in the bowels of such. Oatmeal and butter dry the scab on the head, outwardly apply'd.

Millet-seed is much used in puddens, but is a dry and glewy nourishment. Spices should always be mingled in these puddens, to correct the thickness, and carry off the windiness generated by this seed; 'tis however cleansing, and good in diseases of the kidneys.

Mays will not ferment so soon as other grains, and is therefore more viscous.

Pannick is opening, boil'd with milk, and tempers acrimony.

PULSE.

P U L S E.

Peaſe are all of them of a groſs and windy nature, and the diſhes and ſoups made of them, ſhould be well ſeaſon'd with hot ſpice for that reaſon, to avoid colicky diſorders. When green, they are good for ſharp and ſalt bloods, becauſe they are ſweet and ſmooth.

Beans, of whatever fort, are hard of digeſtion, and windy. They ſhould be eaten with a good deal of ſpice, and drank plentifully after, that their mealy parts may not turn to a paſte in the bowels or blood.

Kidney-Beans are mealy, but not ſo glewy and windy as the other ſorts; but are apt to turn ſour, and gripe. The flower of the common Beans is uſed much in poulterſ's, for different maladies. People of ſedentary lives ſhould not be too free with them, becauſe of their viſcoſity.

N U T S.

Almonds are nourishing, and contain much oil, which is good in conſumptions, coughs, hoarſeneſſes, &c. They are uſed in our diet in many diſhes, and creams and puddens of them are good for conſumptive people; but are not convenient for hypochondriacks, and where the blood, as in cholericke perſons, is already too oily. Almond milk, which is only Almonds blanched, and bruſ'd in a mortar, with barley water, and ſweeten'd gently, dilutes and tempers hot blood, and is much uſed in fevers; but it muſt be made freſh and freſh; for it will not keep.

Earth-nuts are nourishing.

Walnuts are nourishing, while freſh; gently ſudorifick and anti-hyſterick; but are prejudicial to the breaſt and head, when old. Other Nuts have the ſame qualities, while freſh, and the ſame inconveniences when otherwiſe; and *Small-Nuts* old, are

bad, particularly for the lungs and breath. Yet ſome hold *Hazle-nuts* to be good againſt ſpitting of blood; though all Nuts are in the main hard of digeſtion.

Cheſnuts are very groſs and viſcid; but where there is a good conſtitution, and no obſtructions to be apprehended, they turn into good chyle and blood, eſpecially in lean perſons, and are thought to be good in female weakneſſes.

Piſtachio's are nourishing and ſtimulating.

R O O T S.

Beet-roots boil'd, are looſening, cool, and ſmooth, provoke urine, temper hot and cholericke blood; and being aſſiſted in their cooling property by vinegar, are good after a debauch, to reſreſh and cool.

Radiſhes are good for phthiſicky perſons, as they help expectoration; they are very diuretick, and good for dropſical legs, &c.

Horſe-radiſh is good againſt the ſcurvy, dropſy, ſpleen, and phlegm; it thins the blood, expels gravel, and opens obſtructions of the liver. It is to be eaten with vinegar, to temper its heat.

Peppermint-root is better than horſe-radiſh, laſts longer, is more warm, and ſhould therefore be temper'd with vinegar. 'Tis good in cold conſtitutions, in dropſical people, and aſthmaticks, and eſſentially takes off the cold ſcurvy.

Garlick is good in ſpleneticke conſtitutions, worms, inveterate coughs, and againſt the bite of a mad dog, taken inwardly. 'Tis pity its offenſive ſmell ſhould make it ſo obnoxious to *Engliſhmen*, who want it more than foreigners, and yet uſe it leſs. It has been found experimentally to be good in jaundices and dropſies, and in aſthma's from cold phlegm.

Onions, Rocambole, Eschalots, Leeks, in an inferior degree partake of the qualities of garlick.

Parsnips are sweet, nourishing, and balsamick to the blood. They are diuretick, promote venery, provoke the menses, and are good in phlegmatick cases.

Turneps, when boil'd, are a sweet and smooth nourishment, for asthmatick and coughing people; they are however windy and cold, and not fit for very weak stomachs. The more they are boiled, the less windy they are, and easier digested. Syrup of Turneps has been recommended in consumptive cases, as the roots themselves, and juices of it, have also been; and it is indeed a balsamick thing; but, alas! not to be depended upon in so great a case, where so many intentions are to be answer'd. The syrup is also used often in the thrush in children; but may be made in some cases more successful by a little allom in the syrup: but this is not always proper neither.

Carrots are good in gravelly cases, are anti-acid and fattening.

Potatoes are proper for thin and hot constitutions; but not so for cold stomachs, or such as abound with phlegm; and the rather as they are eaten with butter, which is clogging. But in general, they are a nourishing food.

Skirrets are useful in bloody urine, and spitting of blood.

Scorzonera is demulcent in the small-pox, measles, and pestilential fevers, and for gouty people. The express'd juice is better than the decoction.

Goat's-beard has most of the same qualities.

Celery is opening and diuretick; but bad in bloody fluxes.

H E R B S.

Spinach is cooling and loosening, and tempers sharp, hot blood.

Mercury has the same qualities as Spinach, and as it keeps the whole year round, and is innocent, and carries itself off downwards, it is a wonder it is not gather'd, and kept the whole winter for boiling.

Asparagus relax and open, and promote urine. They are good in obstructions of the liver, and in scorbutick cases: Yet some suspect them to be hurtful to the kidneys.

Parsley is a good provocative in menstrual and urinal cases; it is also good against wind, helps asthmaticks, and is of use in suppressions and coughs; but bad in bloody fluxes.

Cresses are very warm, provoke to venery, open obstructions, and promote the menstrual flux; the Indian Cresses are best, and are deemed good against the scurvy of our northern climate.

Endive or Chicory, is a very wholesome plant, a great cooler, and an opener, and therefore good in hot obstructions of the liver. The small degree of bitterness they have is very agreeable to the stomach, and not heating. Juice of *Dandelion* is a remedy in intermitting fevers.

Lettuces, of all kinds, are cooling and opening, and good after a debauch. They are good also for wet nurses, promoting milk, especially in warm constitutions. If too plentifully eat by those in years, they hinder the venereal appetite. Physicians hold that the distilled water of Lettuce is a promoter of sleep.

Clary is good in colicky cases, strengthening the stomach, and promoting digestion.

Sage thins the blood, is good in most nervous cases, in palsies, lethargies,

thargies, &c. and much used will cure the trembling of the hands.

Sorrel is useful in spitting of blood, and in a stinking breath.

Purslain is subacid and cooling.

Burnet is astringent, and is a good vulnerary.

Nettles are good against hæmorrhages, or inward bleedings.

For *Aromatick Herbs* see *Spices*, in this Article.

For *Mustard-seed* see also *Spices*.

FRUITS.

Apples cool and loosen, and help the appetite; but are not good for cold stomachs, says a good Physician: But hear what the eminent *Dr. Fuller* says of them, in his *Pharmacopœia*, p. 260. Of all the juices, says he, I account that of Apples, beyond compare, the best; because nature hath wrought it up to a much higher degree of generosity and maturity, than that of crude trashy herbs, which afford nothing of that delicate dulco-acid, aromatic, and odoriferous liquor issuing from some of our fine sorts of Apples, such as Kentish and golden-pippins, &c. They are not, however, fit for medicinal use, till they have been gathered a while, and sweat in a heap.

The best way is to eat them raw, or scoop out, and eat the pulp for a long course of time every morning.

Thus have they given more help to scorbutic and splenetic patients, (especially such as were of a hot, dry constitution, and apt to be colic) than any thing else the shops or fields could furnish out. I knew one that used to eat 30 every day for his breakfast. *Dr. Baynard* highly cries them up as a most noble pectoral, and cured himself twice of a

confirmed consumption by the use of them. So far *Dr. Fuller*.

Pears, the sweet ones are more loosening than apples; the tarter sort cool, and the harsh ones bind; they should therefore be eaten by persons according to their constitutions.

Quinces are gently astringent, and good in loosenesses, fluxes of blood, and for weak stomachs.

Olives, which we have always pickled in *England*, serves as a relish to carry slime off the stomach. The oil made of them tempers the acrimony of our humours, loosens our bellies, and if it agrees, fattens. But care must be taken that there be no obstructions. The oil and vinegar, which we are so apt to eat with our fallads, are not so wholesome as some think, because a balsam may be formed between them, that may not readily pass the veins. Persons who are apt to be swell'd at stomach, should forbear this mixture, and even oil at all.

Raisins and *Grapes*, are both laxative, and the latter are apt to occasion fluxes. In costive constitutions they are of service, occasionally eaten. Raisins are excellent in coughs depending on a sharpness of blood, and relieve hoarsenesses, and are good to sheath any acrimony in the juices. Dry'd Grapes are pectoral.

Prunes are apt to loosen and bring on fluxes, especially if plump and green, or fresh; but if old and dry, they are rather binding. Their juice cools and helps appetite; but great care is to be taken to avoid too liberal an use of them.

Peaches, us'd before a meal, will serve to create an appetite; after a meal, to keep the body open; and are pectoral. Cold constitutions how-

however should not touch them at all; and hot ones with moderation; especially of those that are produced in the latter season of the year.

Abricots, Plums, Nectarines, &c. are pleasant and grateful to the palate, and moderately eaten will do no harm.

Strawberries are cooling and diuretick, and therefore an infusion of them may be of service in the gravel. But women eating of them too greedily at a certain time, may endanger the stopping of the course of nature. They agree with most palates, and as they gratify thirst, and cool the tongue, a moderate use of their juice may be allow'd in burning or bilious fevers, mix'd with juice of lemon and spring-water. The seeds obtained by shaking the ripe fruit in water, are excellent in the stone.

Raspberries also raise an appetite, and, like mulberries, cool and refresh warm and hot blood.

Currans are a wholesome fruit, and cooling; and cut phlegm, &c. the rob or jelly of Currans, is a most excellent drink mix'd with water, in a bilious fever.

Gooseberries, if not full ripe, are apt to gripe, and no way so wholesome and pleasant as currans.

Cherries are cooling and laxative. Their kernels are good for the gravel in the kidneys.

Oranges Seville, are an excellent remedy in the dry scurvy.

Citrons and Limons are more cooling than Oranges. Sour Limons are somewhat styptick.

Melons, Pompions, Gourds, Cucumbers, contain a cooling juice, with nitrous salt; that of *Melons* and the *Ananas* is rich and cordial; they are diuretick; and there are instances, when eaten in great quantities, that they have produced

bloody urine. They ought to be taken fasting.

The juice of *Cucumbers* is too cold for some stomachs, and ought not to be taken by such as have thin and poor blood. The juice of an unripe *Cucumber* is purgative. *Cucumbers* are useful in bloody urine; but are as bad as poison to be eat when hot by exercise, &c.

Pomegranates, the juice of them is styptick, and very cooling.

Barberries, Medlars, Cornelian Cherries, are all beneficial in bloody fluxes.

Tamarinds are cooling and astringent, yet laxative to the lower-belly.

Figs are great subduers of acrimony, useful in hoarseness and coughs, extremely emollient, and by relaxing the urinary passages, diuretick, and useful in bloody urine; it has been always believed, that the immoderate use of them generates lice.

ALL PICKLES are astringent; especially *Samphire*.

Capers, as we have them, are bad in the menses, and in hypochondriack cases; and may be looked upon as little unwholesome sponges full of vinegar. They are however said to be astringent and diuretick.

Truffles are heating.

Morelles have some of the same qualities.

Mushrooms are made agreeable enough to the taste, but are too earthy for common food; they are hard of digestion, and harder still when pickled. Luxury may say more in their behalf than true use or wholesomeness can. Some of them being poisonous, make the rest suspicious. See *Pepper*, p. 11.

Water, after a surfeit of fruit, is much better than wine or spirituous liquors. See the Article *Herbs*.

AROMATICK HERBS; as

Thyme, Savoury, Marjoram, Rosemary, Basil, Mint, Orange and Lemon-peel, Fennel, Chervil, are balsamick, warm, and stimulating, and good in phlegmatick and cold constitutions.

Mustard-seed (which on account of its hot nature, we rank in this place) infus'd in wine or beer, is good in dropical cases; also in the scurvy, and shortness of breath: Is an excellent stomachic, is good in drowsy constitutions, in agues, in female obstructions, in colds, hoarseness, phlegm, &c. But yet it may be used too much; in which case it will dry the blood, and by carrying off the thinner parts, leave the grosser behind in the vessels; and so destroy the end it was design'd to promote: In short, Mustard, Horseradish, Radishes, and Cresses, are deemed fitter for old people, and cold constitutions, than the young and sanguin.

P L A N T S.

Cole, Cabbage, Coleworts, are soft and demulcent without acidity. The jelly or juice of red Cabbage, baked in an oven, and mix'd with honey, is an excellent pectoral.

Hops is a wholesome ingredient in an *English* brewery, and is far from giving the stone, as some have fondly believed. Ale well brew'd with Hops, and the bitterer the better, is a wholesome liquor for hypochondriacks and scorbuticks. Hops help to purify and thin the blood, to correct acids, open obstructions, promote urine, and carry off gravel, and help the appetite.

S P I C E S; as

Cinamon, Mace, Nutmegs, Cloves, Ginger, Pepper, are all heating; and all Spices are bad for melancholy

persons. But generally very useful and agreeable to cold constitutions, if moderately used.

Pepper is a wholesome ingredient in pease-soup, fish, oysters, eggs, milk, or any diet of a glewy nature; but care must be used not to take too much, which will inflame, and perhaps corrode the stomach. It is properly used, in colicky cases, and in sourness in the stomach; but not too freely at once; it has put off a fit of an ague, swallowing six or eight corns an hour or two before: But as it inflames all those humours it can't carry off, care must be taken, that by too much freedom with it, an ague is not blown into a continual fever. It is also good against the poisonous effects which sometimes follow the eating of mushrooms; also in cases where opium has produced ill effects; and has cured children who have been busy with the poisonous berries of night-shade, being administered in all they take after the berries are vomitted up.

Cloves are good against wind in the stomach; they corroborate the nerves, and all nervous parts, such as the stomach, the bowels, and womb; and by a discreet and frequent use are good in the whites, and other feminine disorders, taking a little of the powder in a glass of red wine, now and then, occasionally, as they are affected.

Ginger is good in colicky and sour humours, in windy and asthmatick cases, if not inflammatory. It opens the obstructions of the nerves and womb; is good in cold palsies; but in heftical dispositions, or in case of bleedings, must be avoided. Yet it is one of the wholesomest of the Spices.

Sugar, notwithstanding its frequent use, has an acidity in it, that makes

makes it mischievous to splenetick people, to hysteric women, to children; and in convulsive and epileptick cases.* Volatile spirit of harts-horn should be often used in water, to prevent the bad effects of this quality.

Thus far for this first Article ALIMENT at present. See further under the Articles *Constitutions, Diet, Digestion, Evacuations, Mastication, Perspiration, &c.*

We shall now proceed to others, in Alphabetical Order.

ACIDS and ALKALI.

ACIDS are all liquors and substances, which being composed of pointed particles, affect the taste in a sharp and piercing manner. The common way of trying an Acid, is by mixing it with syrup of violets, which it turns red; but if it inclines to an Alkali, its opposite, it changes the syrup green.

ALKALI is the opposite quality to

Acid; it is generally taken to mean all such bodies as will ferment with Acids; but more properly belongs to such salts as are made by reducing a body to ashes by the action of fire, and which are sometimes therefore called lixivate or fixed salts. The extremity of Alkali is putrefaction.

ACUTE Diseases. See *Chronical*.

A G U E S.

IN the management of this troublesome disease, we ought not immediately to have recourse to the bark; but should either give a dose of physick, or a vomit before it, and suffer three or four fits to pass over before it be given. A slight or beginning Ague has sometimes yielded to a quantity of mustard taken before the fit, which has been prevented by it; and a few grains of pepper have had the same effect: But these hot things must be cautiously used, for fear if the blood be loaden with feverish matter, a continued fever should be blown up by them. An eminent Physician tells us, that a beginning Ague has been cured by coffee, which he observes is neither too hot nor too cold for the distemper, and also an intermitting fever: I shall give it in his own words: "Coffee, says he, if drank very hot, does not only sooth the violent anguish that persons suffer

" during the cold fit, but it even
" has been known to cure some
" so perfectly, that, taken at the
" beginning of the fit, whenever it
" first seiz'd them, and continuing
" so to do for some time, the fits
" at last, return'd not at all. And
" when the matter of these Agues
" is not in great quantity, a small
" number of dishes, at proper di-
" stances, will serve the turn, and
" will so help digestion, as to cor-
" rect the remainder of the deprav'd
" juices, that they can't rise into a
" fit. Thus did a certain man of
" skill treat himself, who was at-
" tacked with an intermitting fe-
" ver, which made him nauseate
" both victuals and drugs. Bleeding
" and physick had been repeated
" till he determin'd to take no
" more, come what would. He
" had a liking to coffee, and knew
" it digested crudities in the sto-
" mach and blood, and took off
" vil-

" viscidities; and fancying his blood was too viscid, he betook himself to coffee, as a diet, as well as for a remedy, he believing the intermission was the properest time for taking it; and he stuck close to it: He was not out of his conjectures; for it reliev'd, and then cured him." Thus much for beginning Agues, &c.

We have mention'd that a puke or a dose of physick is proper to precede the use of the bark; and shall add, that the puke may be given, if the sick complain of any uneasiness, fulness, or loathing at stomach; and may consist of one scruple of the Indian-powder, which is a proper dose; and drink carduus tea plentifully upon it. A purge is necessary where the blood is vitiated, and chang'd by some deprav'd juices, and in an ill habit: In which case, a gentle dose of sena or rhubarb, on the day of the intermission, will be proper.

After these discharges, the jesuits-bark may be begun upon in the following manner: *viz.*

Take milk-water three ounces; compound piony-water three drachms; syrup of lemons half an ounce; powder of the Peruvian-bark one drachm: mix, and make a draught to be taken every fourth hour out of the fit, or in the remissions; and continually repeat it for 18 or 20 doses, or till the fever disappears.

Or, Take jesuits powder one drachm; salt of steel two grains; cinabar of antimony six grains; syrup of clove july-flowers, as much as suffices to make a bolus: To be taken and repeated every fourth hour in the intervals of the fever, drinking upon it six spoonfuls of the following julep, *viz.*

Take mint-water four ounces; alexiterick milk-water three ounces;

plague-water two ounces; spirit of hartshorn 20 drops; sugar as much as will sweeten it.

When the fever is taken away, and there is no fear of its return, as the bark often leaves a sort of fulness at stomach, from its styptick particles, it can't be amiss to give the following mixture to relax and loosen the belly.

Take oil of almonds an ounce and half; syrup of solutive roses an ounce; chymical oil of mace two drops: mix, and make a draught to be taken once a-day for a while.

An eminent Physician advises the taking of the bark, in the marshes of Kent, where an Ague is the reigning disease, as follows:

Take jesuits-bark in fine powder one ounce; salt of steel and jamaica-pepper, a quarter of an ounce of each; melasses four ounces; mix together, and take the quantity of a nutmeg three times a-day, when the fit is off, and a draught of ale or white-wine after it: And he observes, that common green copperas is better salt of steel than any chymist can make.

To this article we shall add the following receipts, which have been all approved in different cases and constitutions.

An almost specifick Medicine for Agues.

TAKE resin of scammony twelve grains; diaphoretic antimony, and crystals of tartar, of each eight grains; mix these carefully, and give them for one dose, an hour before the fit comes.

A choice Medicine for Aguish Distempers.

TAKE salt of wormwood 15 grains; crabs-eyes, or powder of crabs-claws simple, eight or ten grains; mix these well, and give them in two or three spoonfuls of some cordial water.

*An excellent Medicine for Agues,
especially Tertians.*

GIVE as much of well-condition'd Virginia snake-root, reduc'd to fine powder, as will lie upon a shilling, in a cup of sherry just before the beginning of the cold fit, repeating it once or twice, if it need to be used oftner.

*A Medicine which cur'd an Ague
when the Bark fail'd.*

TAKE a drachm of the black tips of crabs-claws, and having reduc'd them to exceeding fine powder, take it in any convenient vehicle or conserve, twice or thrice as you would take the bark, without intermitting any day.

For an Ague.

AFTER three fits, and as soon as the third is over, take two scruples of the jesuits-bark, in a draught of wine and water, every three hours, till the fit returns. Then after the fit, take the bark again, after the same manner, till you have taken 12 or 14 doses; and then you need take no more. If it be too bitter, you may sweeten it with sugar, or sugar-candy, to what degree you like.

Another.

TAKE salt of carduus benedictus, and salt of wormwood, of each 15 grains; tartar vitriolate half a scruple; mix them, and give them in a few spoonfuls of rhenish wine, or some other convenient vehicle,

either before the fit, or at some other time, when the stomach is empty.

An Infusion for an Ague.

TAKE powder of the Peruvian (jesuits) bark two ounces; rhenish wine a quart; let them stand some time, and strain through a woollen cloth: Take three ounces every four hours.

For the Tertian Ague.

TAKE Virginia snake-weed in powder 15 grains; white-wine three ounces: Take it two hours before the fit, and keep warm, and sweat three or four hours; repeat it the following fit days.

*An excellent Remedy for Agues, which
has been often tried with great
success.*

TAKE black soap, gun-powder, tobacco and brandy, of each a like quantity; mix them well together, and three hours before the fit apply it to the patient's wrists: keep it on a fortnight.

*An Electuary for intermitting Fevers
and Agues.*

TAKE jesuits-bark finely order'd one pound, snake-root one ounce; syrup of cloves enough to make an electuary. Take the quantity of a chestnut four or five times between the fits of the intermitting fever or ague, and it will certainly cure it; and continue taking of it two or three days after the cure, to prevent its return.

See Fevers.

A I R.

THE celebrated Dr. Cheyne gives the following general rules relating to this article:

1. He says, that the healthiest situation for a seat is in a *champaign* country, or on the *side* of a small eminence on a *gravelly* soil, with a *southern* or *western* exposition;

shelter'd from the *north* and *east* winds, distant from any great *concourse* of waters, or any great *minerals*, where the water is *sweet*, *clear*, *light*, *soft*, and *tasteless*.

2. *Tender* people, on the setting in of *easterly* and *northerly* winds, ought

ought to change their bed-rooms for others of *westerly* and *southerly* lights, and the contrary in wet seasons.

3. Those who have been much exposed to, or long abroad in *easterly* or *northerly* winds, should drink some thin or warm liquor going to bed.

4. When the dark, dull, foggy weather lasts at *London* in winter, tender people, and those of weak nerves and lungs, ought either to go into the country, or keep much at home in warm rooms, go early to bed, and rise betimes.

5. Valetudinary people ought to have their servants, children, and bedfellows, or those they continually approach and converse with, sound, sweet, and healthy; or ought to remove them till they are so, if they are otherwise.

6. Every one, in order to preserve their health, ought to observe all the cleanness and sweetness in their houses, cloaths, and furniture, suitable to their condition.

See *Beds*.

Lord Bacon proposes for the talking of *Air*, as he calls it, in order to discover the wholesomeness, or otherwise, of a place where to chuse a habitation, to observe whether pies or comfits will be liable to gather mouldiness sooner than usual. And a piece of fish, or raw flesh being hung up, and more or less liable to corruption, he says, will serve for a better divination of seasons, than the figures of astronomers; and of consequence for pointing out the places where a man would chuse a dwelling.

The aptness or propension of Air or water, he says, to corrupt or putrify, no doubt is to be found before it break forth into manifest effects of diseases, blissing, or the like: We will therefore, adds he,

set down some prognosticks of pestilential or unwholesome years.

1. The wind blowing much from the south, without rain; and worms in the oak-apple: also plenty of frogs, grasshoppers, flies, and the like creatures bred of putrefaction, portend pestilential years.

2. Great and early heats in the spring, and namely in *May*, without winds; and generally, years with little wind or thunder, portend the same.

3. Great droughts in summer, lasting till towards the end of *August*, and some gentle showers upon them; and then some dry weather again, portend a sickly summer the year following. For about the end of *August* all the sweetness of the earth, which goeth into plants and trees, is exhaled; and much more if the *August* be dry: so that nothing then can breathe forth of the earth but a gross vapour, which is apt to corrupt the Air: And that vapour, by the first showers, if they be gentle, is released, and cometh forth abundantly: Therefore they that come abroad soon after these showers are taken with sickness; and in *Africa* no-body will stir out of doors after the first showers. But if the showers come vehemently, then they rather wash and fill the earth, than give it leave to breathe forth presently. But if dry weather come again, then it fixeth and continueth the corruption of the Air, upon the first showers begun, and maketh it of ill influence even to the next summer; except a very frosty winter discharge it, which seldom succeeds such droughts.

4. The lesser infections of the small-pox, purple fevers, agues in the summer preceding, and hovering all the winter, portend a pestilence in the summer following; for putre-

putrefaction doth not rise to its height at once.

5. It were good to lay a piece of raw flesh or fish in the open Air; and if it putrefy quickly, it is a sign of a disposition in the Air to putrefaction. And because you cannot be informed whether the putrefaction be quick or late, except you compare this experiment with the like experiment in another year; it were not amiss in the same year, and at the same time, to lay one piece of flesh or fish in the open Air, and another of the same kind and bigness, within doors; for I judge, says he, that if a general disposition be in the Air to putrefy, the flesh or fish will putrefy sooner abroad, where the Air hath more power, than in the house, where it hath less, being many ways corrected. And this experiment should be made about the end of *March*; for that season is likest to discover what the winter hath done, and what the summer following will do upon the Air. And because the Air, no doubt, receiveth great tincture and infusion from the earth, it were good to try that exposing of flesh or fish both upon a stake of wood, some height above the earth, and upon the flat of the earth.

6. Take *May-dew*, and see whether it putrefy quickly or no; for that likewise may disclose the quality of the Air, and vapour of the earth, more or less corrupted.

7. A dry *March*, and a dry *May*, portend a wholesome summer, if there be a showery *April* between; but otherwise it is a sign of a sickly year.

8. As the discovery of the disposition of the Air is good for the prognosticks of wholesome and unwholesome years; so it is of much more use for the choice of places

to dwell in; at the least for lodges and retiring-places for health; for mansion-houses respect provisions as well as health, wherein the above experiments may serve.

9. But for the choice of places or seats, it is good to make trial, not only of aptness of Air to corrupt, but also of the moisture and driness of the Air, and the temper of it in heat or cold; for that may concern health diversely. We see there are some houses wherein sweet-meats will relent, and baked meats will mould more than in others, and wainscot will also sweat more; so that they will almost run with water: All which, no doubt, are caused chiefly by the moistness of the Air in those seats. But because it is better to know it before a man buildeth his house, than to find it after, take the experiments following.

10. Lay wool, or a sponge, or bread, in the place you would try, comparing it with some other places, and see whether it doth not moisten, and make the same more ponderous than the other; and if it do, you may judge of that place as situated in a very gross and moist Air.

11. Because it is certain, that in some places, either by the nature of the earth, or by the situation of woods and hills, the Air is more unequal than in others; and inequality of Air is ever an enemy to health; it were good to take two weather-glasses, matches in all things, and to set them, for the same hours of the day, in several places, where is no shade or enclosure; and to mark, when you set them, how far the water cometh; and to compare them when you come again, how the water standeth then: And if you find them unequal, you may be sure that the

the place where the water is lowest, is in the warmer Air; and the greater the inequality be of the ascent or descent of the water, the greater is the inequality of the temper of the Air.

The reason why aches, hurts, and corns grieve men towards rain or frost, is, that the one maketh the humours abound more, and the other makes them sharper: So we see both extremes bring the gout.

Airs proper for consumptive people, or upon recovery of long sickness, are generally, plain campaigns, but grassy, and not overgrown with heath, or the like; or else timber-shades, as in forests, &c. Groves of bays do also prohibit infectious Airs, and hence the Air of *Antiochia* was accounted wholesome. Some soils there also are which spontaneously produce odorous herbs, as wild-thyme, wild-margoram, penny-royal, chamomile, and in which the bryar-roses smell al-

most like musk-roses; which are questionless signs of an excellent Air.

To have the benefit of good Air, low-roof'd rooms should always be avoided, or such as are full of windows and doors; for the one makes the Air close, and not fresh, and the other greatly unequal, which is a great enemy to health. Nor should the windows be high up to the roof, as is often done for beauty and magnificence, but rather low. Neither are stone-walls so wholesome as timber or brick; and it has not been amiss in some gentlemen, who have built even with brick, to make their walls thick, and put a lay of chalk between the bricks, to take away dampness.

A N A S A R C A.

See *Dropsy*.

St. ANTHONY'S FIRE.

See *Cutaneous Distempers*.

A N X I E T I E S.

See *Fever*.

A P O P L E X Y

DERIVES its name from a Greek word signifying *to strike*, because persons are, as it were, suddenly struck with death. It is a sudden abolition of all the animal functions in the whole body; only the pulse moves, and they snort strongly, and neither feel nor move. This is one of the quickest and most dangerous of all diseases; and as a *Lethargy* is a distemper ally'd to it, and is to be treated not unlike an Apoplexy, we shall, to avoid multiplying heads, have respect to both maladies in the method of treating them.

The fit must be immediately attacked with taking away a large quantity of blood, according as the circumstances of the case shall indicate; and especially if the veins

be full, and the strength and age of the patient will bear it. If plentiful bleedings are not so proper, cupping-glasses near the neck may be apply'd: Blisters also to the neck and head are highly proper, also strong frictions or rubbings, as also pulling, halling, shaking, or any noises, that may serve to rouse the patient. Volatile medicine must be plentifully administer'd, even almost to the kindling up of a fever: And medicines by the nose, and mouth, glisters, and vomits are to be made use of on the occasion: For example,

To be held to the nose.

Take spirit of salt armoniack two scruples, tincture of castor one scruple; mix.

To be given by the *mouth*, a spoonful at a time often, the following mixture.

Take rue and penny-royal waters, of each two ounces; treacle-water one ounce; compound piony-water six drachms.

For a *Glist*, to be thrown in frequently.

Take piony-root one ounce; sage and rosemary leaves, of each half a handful; lavender-flowers and chamomile-flowers, of each two pugils; cardamum and fenel-seeds, of each two drachms; boil them in a sufficient quantity of water; and to a pound or 12 ounces of the strain'd liquor, add tincture of hiera picra two ounces; oil of amber three drachms: mix, and make a glist, to which add a spoonful of common salt.

For a vomit, if a vomit be thought proper, for in some cases it is not.

Take emetick tartar four or six grains; black cherry-water an ounce and half; oxymel of squills half an ounce: mix.

The fit being ended, to prevent a return, which would be fatal, *purgatives* are of great use.

Take then barley cinamon-water two ounces; rue-water one ounce; extract of rudius 25 grains; make a mixture to be taken in a morning, and repeat it once a-week. Also,

Take tartar pills of Bontius one scruple; mercurius dulcis 10 grains; oil of cloves three drops; of which make five or six pills to be taken in a morning once a-week.

Snuffs to draw phlegm from the nostrils should also be used; for which intention,

Take rosemary-flowers and flowers of lily of the valley, of each one pugil; marum syriacum two

pugils; white hellebore-root in powder 10 grains; mix for a snuff, of which take a pinch in the morning, keeping warm after it.

To arm still further against a relapse, remedies to strengthen the brain must be given: Any of the following are good.

Take volatile salt of amber one scruple; powder for the epilepsy (called *ad gustatam*) one drachm; elk's-hoof in powder half a scruple; conserve of rosemary-flowers half an ounce; syrup of steel what is sufficient to make up a mass, to be divided into five bolus's; of which take one every morning and evening; drinking after it a draught of the following infusion, of the quantity of three or four ounces.

Take lavender-tops and rosemary-flowers, of each two pugils; mustard-seed one drachm; rue-water 10 ounces; compound piony-water two ounces: mix.

Or, Take gum-ammoniac and assa-foetida, of each half a drachm; volatile salt of hartshorn one scruple; balsam of Peru as much as will make 14 pills; of which take three morning and evening, drinking after them three ounces of the following cordial julep, *viz.*

Take rue and black cherry-water, of each four ounces; Dr. Stevens's water two ounces; spirit of lavender two drachms; sal volatile oleosum one drachm; sugar what suffices.

It would be also proper to rub the head all over with the following liniment, and to wear a paper cap after it.

Take tincture of castor three drachms; chymical oil of nutmegs and mace, of each one scruple; mix. Or rub the head all over with apoplectick balsam.

It is proper to observe, that the food ought to have no fours in it; and milk-meats, rice, and puddens, and all viscid, should be avoided: and they may eat all things season'd with pepper, ginger, nutmegs, mace, cloves, mustard, garlick, onions, &c.

The causes of this disease are a particular conformation of the body, as, a short neck, a gross, plethorick, fat constitution; whatever hinders the motion of the blood through the arteries of the brain, as polypose concretions, especially about the heart, attended commonly with an unequal pulse, a vertigo, and sometimes a momentary loss of the eye-sight; an inflammatory and coriaceous thickness of the blood, preceded by a fever, attended with the head-ach, redness of the face and eyes; old age, attended with a glutinous, cold, catarrhus, leucophlegmatick constitution; in such, the fore-runners of an Apoplexy are dulness, inactivity, drowsiness, sleepiness, slowness of speech, and giving answers, vertigoes, tremblings, oppressions in sleep, night-mares; weakness, wateriness, and turgidness of the eyes; pituitous vomiting, laborious breathing upon the smallest motion; whatever compresseth the vessels of the brain, so as to stop the flux of the animal spirits and blood; a great fulness of blood, with its velocity, increas'd by heat, violent motion, a high diet, spirituous liquors, tumours of any kind; within the skull a partial and imperfect circulation of the blood towards the lower parts. The effusion and pressure of any serosity or blood upon the ventricles of the brain, (which is the most common and immediate cause of Apoplexies) violent passions and affections of

the mind. The immediate fore-runners of an Apoplexy are commonly a vertigo, staggering, loss of memory, stupor, sleepiness, a noise in the ears, and a more deep and laborious breathing; these last symptoms commonly precede an Apoplexy, but they are likewise common to it with other nervous and hysterical distempers.

Attention to the foremention'd symptoms affords the best cautions and rules of living by way of prevention; for when it has taken place, *Hippocrates's* prognostick is generally true, That it is very hard to resolve a small Apoplexy, and quite impossible to resolve a great one; the gentlest kind of this disease is often taken off by sweating.

The applications in the fit are of the medicinal kind, it being too acute a disease to admit of any helps from diet, but that may be of great use for prevention; a thin, slender, cool, regular diet, opposite to the particular symptoms above-mention'd; frequent and copious bleeding; keeping the belly always open; stimulating substances, which have been thought beneficial, in this case very often hurt, by forcing the blood too much up to the head. Vomiting may prove extremely pernicious; but the regimen is to be varied according to the cause of the disease, which may be collected from the constitution of the patient in these Apoplexies, which depend upon a sanguineous cause. The regimen prescrib'd in sanguine constitutions (see *Constitutions*) is proper. Fat and phlegmatick people, who are very subject to this disease, ought to attend to the rules prescribed in their case; (see *Constitutions*) and as there are Apoplexies from inveterate gouts, (see *Gouts*) the regimen of

such must be different from both, the intention being to translate the morbid matter upon the extremities of the body.

Those who have a disposition to this disease ought never to go to bed with a full stomach, nor to lie with their head low.

An Apoplexy is resolv'd by a fever, and when not fatal, terminates in a palsy. See *Palsy*. See also *Catalepsus*.

CATALEPSIS.] This is a kind of Apoplexy, wherein the patient is suddenly seized without sense or motion, and remains in the same posture in which the disease seizeth him, the muscles remaining in the same tension. Violent fevers in strong atrabilious dry constitutions has produc'd this distemper; the diet, after the fit is off, ought to be moistening and relaxing.

LETHARGY.] Is a lighter sort of Apoplexy, and demands the same cure and diet as an Apoplexy from a phlegmatick case, such being the constitution of the lethargick. See *Epilepsy*, *Palsy*.

The following Recipes, which have been approved in particular cases, will supply what we have further to add on this important article.

For a Lethargy.

TAKE the water of piony-flowers, black cherries, rue, walnut, simple, of each three ounces; compound piony-water two ounces, castoreum (tied in a bag, and hung in the glass) two drachms; sugar three drachms; mix, and make a julep; give four or five spoonfuls every third or fourth hour, taking at the same time a paper of the following powder.

Take powder of male piony-roots, man's skull, Virginia serpentry-roots, contrayerva, of each a

drachm; bezoar, pearl, of each half a drachm; coral prepar'd a drachm; make a powder of them, divide it into 12 papers.

A sneezing powder for a Lethargy.

TAKE marjoram, rosemary, betony, flowers of lily of the valley, of each three drachms; nutmegs two drachms; volatile sal armoniack one scruple; sweet-scented tobacco, in fine powder, half an ounce: mix them all together, and make a fine powder; keep it close stop'd in a bottle for use.

A quilted Cap for the Apoplexy.

TAKE Spanish angelica-root two drachms; Florentine orice one drachm; ginger, zedoary, long pepper, nutmeg, of each half a drachm; marjoram, mint, rosemary-flowers, lavender, of each half a handful; make a powder, and sew them in silk, and wear it on the head shaved. Bathe the head with Hungary water, and compound spirit of lavender a like quantity.

To prevent a Relapse of an Apoplexy.

TAKE of the pills cochia the greater, two scruples; once every third day, at four of the clock in the morning, and sleep after them; repeat it six times.

Tablets for the same.

TAKE ambergris half a drachm; distill'd oil of aniseeds, cinnamon and nutmeg, of each two drops; oil of cloves one drop; sugar dissolv'd in orange-flower water, as much as sufficeth to make Tablets. Let the patient eat one at pleasure.

An excellent sneezing Powder in an Apoplexy.

TAKE the root of white hellebore one drachm; of the flowers of lilies of the valley two drachms: mix, and reduce them to a powder, and blow it up the nostrils with a quill.

Emul-

Emulsion for the Apoplexy.

TAKE piony-seeds husk'd one ounce; distill'd waters of rue, black cherries, and compound piony-water, of each six ounces; pearl-sugar one ounce and a half; make an Emulsion; drink at pleasure.

A Plaister against an Apoplexy.

TAKE galbanum, opopanax, of each two drachms; pellitory of Spain, and castor, of each one drachm; oil of amber one scruple; Venice-turpentine a sufficient quantity to make a plaister; which spread on a thin leather, and lay it on the head, fresh shav'd, so as to cover it all over.

A Cataplasim for the same.

TAKE fresh briony-roots three ounces; mustard-seed, black soap, of each one ounce; cantharides (Spanish flies) six drachms: make it into a consistence with a sufficient quantity of vinegar; spread it upon a cloth, and lay it all over the head.

A powerful Application to prevent and check the Apoplexy.

MAKE an issue at the meeting of the sutures, and keep it open

for a good while: But if the case will not admit delay, clap on a good cupping-glass, without scarification, or with it, as need shall require, upon the same concourse of the sutures.

A Glyster, good in an Apoplexy, Lethargy, Coma, and Palsy.

TAKE pellitory of Spain half an ounce; coloquintida (tied up in a rag, or else it will gripe) half a drachm; rue two handfuls; boil in water to 12 ounces; and to the strain'd add infusion of crocus metallorum three ounces; tincture of castor half an ounce; salt gem, oil of amber, each two drachms; mix.

If it stay not with the patient, it must be repeated again: for it is no unusual thing in these cases, for Glysters to slip away presently, by reason that the intestines having their fibres benumbed, and paralytically relaxed, lose their retentive faculty.

See Constitutions, Epilepsy, Hypochondriack Disorders, Head-ach, Palsy, &c.

A P P E T I T E.

APPETITE, Lord Bacon says, is chiefly moved by things cold and dry; for cold is a kind of indigence of nature, and calleth upon supply; and so is dryness: and therefore all four things, as vinegar, juice of lemons, oil of vitriol, &c. provoke Apperite; and the disease called *Appetitus Caninus*, consisteth in the matter of an acid and glassy phlegm in the mouth of the stomach.

Another reason why four things move the Appetite, is, because they induce a contraction in the nerves placed in the mouth of the sto-

mach, which is a great cause of Appetite.

Onions, salt, and pepper also, in baked meats provoke the Appetite, by vellicating of those nerves; for motion whetteth.

Wormwood, olives, capers, and such-like, which participate of bitterness, also move the Appetite, by absterfion. So that there may be said to be four principal causes of Appetite. The retriggeration of the stomach, joined with some dryness; contraction; vellication; and absterfion. Besides hunger, which is an emptiness; and yet over-fastig

many times suppresses the Appetite, because it makes the stomach draw humours; and especially such as are light and choleric, which quench Appetite most.

The following of the plough hath been approved for refreshing the spirits, and procuring Appetite: But to do it in the ploughing for wheat or rye, is not so good, because the earth hath spent her sweet breath in vegetables put forth in summer. It is better therefore to do it when barley is sow'd.

But because ploughing is ty'd to seasons, it is best to take the benefit of the air of the earth new-turn'd up, by digging with a spade; or, if that be too tiresome and laborious, to stand by him that digs.

Ladies may receive great benefit by kneeling on a cushion and weeding; and these things may be practised in the best seasons, which is ever the early spring, before the earth weakens her virtues by putting forth her vegetables; and in the sweetest earth that can be chosen, and when the dew is a little off the ground, for fear of too moist a vapour. This excellent author says,

he knew a great man that lived long, who had a fresh clod of earth brought to him every morning as he sat in his bed, and he would hold his head over it a pretty while; and if, says he, in digging of new earth a little malmsey or greek wine were poured in, that joining with the vapour of the earth, would still more comfort the spirits.

A bitter Decoction to strengthen the Stomach, and restore the Appetite.

TAKE roots of calamus aromaticus, Spanish angelica-root, of each one drachm; gentian-root two drachms; tops of centaury, Roman wormwood, of each a quarter of a handful; coriander-seeds half a drachm; just simmer them together in a pint of spring water; then strain, and add of compound gentian-water four ounces; make four doses of it; drink in the morning fasting, and at five of the clock in the afternoon, and eat nothing till an hour after.

See Aliment, Diet, Digestion, Exercise, Herbs, Stomach, &c.

ASCITES.

See Dropsy.

A S T H M A.

THE word is derived from the Greek, and signifies to *breathe with difficulty*. 'Tis a dangerous disease at all times, but mostly so, where the want of relief and necessities of life, are superadded. Cold gives an Asthma to persons inclin'd to it, and care should always therefore be taken to avoid catching cold. Physicians enumerate several sorts of Asthmas, which differently affect the patients: Asthmatics from phlegm, for example, are held continually; whereas those that are hysterical, or hypochondriacal, are affected periodically.

Continual Asthmas have, 'tis true, periods, which happen upon any outward occasion of excessive motion, upon drinking too freely, upon cold, or moist weather, &c. but then these may be called accidental. A convulsive Asthma, is a third sort, and happens when the muscles destin'd for respiration are contracted; when it comes in unexpectedly, and retreats in an instant, without cough or spitting; and the patients, one moment struggling for breath and life, are the next deemed out of all danger, till the return of the fit. The humid Asthma, is another sort,

sort, and often keeps regular periods, but not constantly, because it depends upon diet, motion, drinking, heating the blood, &c. It has been already said, that every species of an Asthma is dangerous; but they are more so in such as have been often subject to them, and persons in years, than to such as have youth of their side, and who have had few, or no fits before: and who by early care in managing themselves in diet and remedies, may get the upper-hand of their disorder with the greater ease. However, their youth sometimes makes such liable to Pleurisies, accompanying the Asthma, and then 'tis not a little dangerous.

If cold has been the occasion of this disease, it will be necessary to bleed, and that, as the case may require, repeatedly. When the shortness of breath is abated by this evacuation, toast and water, decoctions of liquorice, and apple-whey cool and hinder the blood's rarefaction, promote urine, by their quantity, and refresh. If a cough and spitting be to be promoted, oily medicines are good, as butter'd liquors; and decoctions of figs are to be plentifully taken: And when all is spit up that is necessary, and nothing remains but to remove a troublesome cough, and procure rest, six drachms of syrup of white-poppy, given in any liquor at bed-time, will generally procure that effect. Their diet must be of flummery, jellies, thin broths, sack-whey, and poached eggs. Thus far in general, as to an Asthma occasioned by cold, &c. The following Recipes may suit more particular cases.

An Electuary for the Asthma.

TAKE honey purified four ounces; liquorice-powder half an ounce;

elecampane, aniseeds, flour of sulphur, of each three drachms; mix. Take the quantity of a large nutmeg, three or four times a-day. It is cheap, and often used with success.

A Bolus for a moist Asthma.

TAKE mustard-seed powder, and brimstone, of each half a drachm; turpentine what suffices to make two bolus's.

A Water for an Asthma.

TAKE fennel and parsley-roots, of each two ounces; elecampane half a pound; scabious, hyssop, maiden-hair, white horehound, of each one handful; round birthwort one ounce; orice half an ounce; nettle and cress seeds, of each half an ounce; spikenard two drachms; bay-berries four ounces; black cummin-seeds half an ounce: steep them in a gallon of white-wine; digest and distill them. Take three ounces in the morning.

A pectoral Infusion for an Asthmatick Cough.

TAKE mustard-seed half an ounce; garlick three drachms; infuse them in a quart of white-wine; make an infusion, and drink of it at pleasure.

A pectoral Julep for an Asthma, depending on a want of Spirits.

TAKE black cherry-water, the greater compound wormwood-water, tincture of saffron prepar'd with sack, of each four ounces; gentian-root, in a rag, half a drachm; make a julep, and take three spoonfuls in a morning, and at pleasure, whilst the breath is short and uneasy.

An excellent Elixir against an Asthma, and also for the Chin-cough in Children.

TAKE honey and liquorice-root, of each four ounces; flowers of benjamin and opium, of each one

one drachm; camphire two scruples; oil of aniseeds half a drachm; salt of tartar one ounce; spirit of wine rectified a quart; digest all together for some weeks, shaking them often; then strain it, and keep it for use. The dose is from 20 to 100 drops to grown persons, in hyssop-water, or sack, going to bed; and from 5 to 20 drops to children. It is also peculiarly excellent in what is called the Chin-cough.

A Wine to be used by Asthmatick Persons.

TAKE green elecampane-root, white sugar, and currans, cut small, of each four ounces; infuse them cold 14 days, in two quarts of white-wine, and drink thereof plentifully, that is, two glasses a-day.

Pectoral Pills for an Asthma.

TAKE powder of elecampane, orice, liquorice, of each one scruple; saffron, flowers of benjamin, of each half a scruple; white sugar-candy two scruples; balsam of sulphur anisated, a sufficient quantity to make pills. Take three twice a-day, morning and night.

A Tincture for the Asthma.

TAKE elecampane-roots, Florentine orice, aniseeds, caraway-seeds, liquorice, of each two ounces; raisins stoned one pound; sena six ounces; aniseed-water three quarts; digest them all four days; then strain it, and keep for use. Take two or three spoonfuls going to bed, and as much the next morning, according to the strength of the patient.

A Syrup for the same.

TAKE elecampane-root sliced four ounces; ginger six drachms; liquorice-root six ounces; boil them in three quarts of water to two quarts; and then put in four ounces of the heads of garlick peeled;

aniseed bruised one ounce and half; to the strain'd liquor put four pounds of sugar, and boil it to a syrup. Take a spoonful at pleasure, but chiefly at bed-time; it is good for all difficulty of breathing.

A Bolus for an Asthma.

TAKE sperma-ceti half a drachm; lac sulphuris half a scruple; volatile salt of amber five grains; conserve of hips one scruple; balsam of Peru ten drops; syrup of saffron, sufficient to make a Bolus.

An excellent Medicine for a dry or convulsive Asthma.

TAKE choice saffron, reduce it (by rubbing it in a stone or glass mortar) to a kind of powder, and with any convenient mixture, give eight or ten grains of it in the form of pills at bed-time.

An excellent Emulsion for an Asthma.

TAKE gum ammoniacum one drachm and a half; having dissolv'd it cold in a mortar, in hyssop-water, four ounces; and rhenish-wine two ounces; strain it out for two doses.

For Shortness of Breath.

POWDER of elicum, dorcus-seeds in powder, of liquorice and of aniseeds, each one penny-worth; a quarter of a pound of brown sugar-candy beat fine; mix all these well together, and take the quantity of two tea-spoonfuls dry, in the morning fasting, and at night going to bed, till the quantity is gone.

A Draught for a dangerous Asthma.

TAKE sperma-ceti half an ounce; balsam of Tolu three drachms, dissolv'd with the white of an egg; and then put in of barley decoction 12 ounces; white-wine four ounces; make an emulsion; sweeten it with a little sugar. Take a small draught frequently, with some drops of spirit of hartshorn, and tincture of castor, of each alike.

*A Liniment for an inveterate
Asthma.*

TAKE ointment of marsh-mallows, palm oil, of each half an ounce; oil of mace by expression, oil of sweet almonds, spirit of la-

vender, of each two drachms; mix, and rub it with a warm hand on the breast; afterwards cover the part with a warm flannel.

See Consumptions, Coughs, Phthisick, Rattle-snake rots, Ulcers, &c.

B A R K S, Medicinal,

SEE *Herbs.*

B E D S,

THE Necessity of Cleanness in them; the Original of BUGS; and other curious Matters.] Cleanness in houses, especially in Beds, is a great preserver of health. Now Beds for the most part stand in corners of chambers, and being ponderous close substances, the refreshing influences of the air have no power to penetrate or destroy the gross humidity that all such places contract, where the air hath not its free egress and regress. In these shady dull places Beds are continued for many years, and hardly feel the sun or elements. Besides, Beds suck in and receive all sorts of pernicious excrements that are breathed forth by the sweating of various sorts of people, some of which have leprous and languishing diseases, and on which some who lie and die. The Beds receive all these several vapours and spirits, and the same Beds are generally continued for several generations, without changing the feathers, until the ticks be rotten. Besides, we have many feathers that are imported from several countries, which are the drivings of old Beds, the uncleanness whereof is not considered. As to the nature of feathers, they are of a strong, hot, fulsome quality: For fowls, of all creatures, are for the most part the

hottest; and their feathers are of the same nature: Therefore the constant lying on soft feather-beds, does not only over-heat the back and reins, and weaken the joints and nerves; but such Beds have power also not only to receive but retain all evil vapours and excrements that proceed from, and are breathed forth by various diseased people. Hence it comes to pass, that sundry distempers are transferred from one to another, by lying upon, or in such Beds, which distempers do secretly steal on a man by degrees, so that he cannot imagine whence the disorder proceeds, or what the cause thereof should be.

There are many indeed whose constitutions are strong, and their natural heat and spirits so vigorous and lively, that they withstand and repel all such evil vapours and scents: But those suffer by them whose natural heat is weak, and their spirits few; for those evil vapours do powerfully penetrate the whole body, if they are not withstood by the central heat and power of the spirits, and incorporate themselves with their likenesses in the human body. These are the chief reasons why one man gets diseases by lying with diseased persons, and in unclean Beds, and others not.

Every

Every one that can, will have plentiful changes both of linen and woollen garments; for if they have not, experience shews, that the excrements and breathings of the body will generate vermin. Most people likewise take care that their furnitures are daily brushed and rubbed, and their very floors washed, as though they were to eat their food on them: But all this while, they lie on beds that have not been changed, or hardly aired, in several years. Let any indifferent person judge, which is most pleasurable and healthful, to have a clean floor to tread on, which costs many hard days labour to keep so, and is dirtied in a moment's time; or to have a clean sweet Bed to lie on.

From the pernicious smells and putrified vapours which proceed from old Beds, are generated the vermin called *Bugs*, according to the degrees of uncleanness, nature of the excrements, and the closeness of the places where Beds stand; for even the excrements of some people are not so unclean as others: Also in all close places, especially in cities and great towns, the spirits and thin vapours of the air are suffocated, which makes the same air sulphurous and humid, whence proceeds putrefaction. Therefore it is not a general rule, *That all old Beds should breed Bugs*; for where the thin pure air, with the refreshing influences of the sun and elements, have their free egress and regress, all such matter is destroyed whence such vermin is produced.

The original of these creatures called *Bugs*, is from putrefaction, occasioned by stinking scents and vapours, which proceed from the bodies and nature of men and wo-

men, and the mixing or incorporating of these vapours with moist and sulphurous airs: For where there is no heat nor humidity, there can begin no putrefaction. Therefore all that have attributed the generation of this vermin to wood, as bedsteads, and the like, are grossly mistaken in the productions of nature; for there is no matter in wood that can generate such a vermin, it being productive only, or chiefly, of two creatures in England, *viz.* of *wood-lice*, and a *small worm*. These *wood-lice* themselves are never generated but in places where the sun and air have not their free influences, whereby store of humidity is contracted; nor the worm, till the nature and power of the salts, which preserve the wood, are decayed, thro' length of time; at which time the air enters it, and presently causes it to contract a humid quality, from whence proceeds putrefaction, whereof, when the sun is powerful, this worm is bred. But so long as wood continues sound, and is kept dry, the air having its free influences on it, no sort of wood ever breeds any kind of vermin whatsoever.

There are many also who attribute the generation of this vermin to hogs hair, which being mixed with lime, and houses plaistered with it, occasions (as they think) the generation of *Bugs*. Now it is most certain, that there is no possibility in nature for this production: For no kind of hair ever breeds any living creature, except it be put into water or mud when the sun is powerful; and then this creature, thus generated, retains its first species, *viz.* a hair, with a live head, which was its element whence it proceeded; but if you take it out of the water, it presently dies:

So

So also it doth when the sun declines in heat, as most sorts of vermin that are bred through heat and moisture do. But hair being mixed with lime, all matter of generation is thereby totally destroyed: For lime chiefly contains a harsh, fiery, keen, sharp, corroding quality; and is so sharp, that it destroys life, and is as contrary to it as light is to darkness; so that if there were never so much matter in hair for the generation of such vermin, lime would destroy it.

As a proof, that the original of these noxious vermin is owing to the cause we have mentioned, it hath never been known, that they were ever seen in ware-houses, kitchens, parlours, dining-rooms, or any places where beds have never been, except they have by accident been brought into such rooms or ware-houses, by furniture of chambers that have been troubled with them, though all such places have the same furniture as chambers, except Beds.

From the same matter whence *Bugs* are bred, is also occasioned the generation of many nasty diseases in the blood; so that the destruction of the matter that breeds them, is of greater consequence than most people are sensible of: And if these following rules be observed, we dare affirm, That the generation of *Bugs* will cease, and also many other inconveniencies and distempers, that are got by this sort of uncleanness, will be avoided.

First, You are to destroy all pres-bedsteads, which stand in corners of rooms, and which are made up with boards so close, that the air cannot penetrate, or dry up and consume the moist sulphurous vapours that are contracted. These sorts of Beds, that stand so, it is

well known, are apt to have them more than others.

Also you are to set your other sorts of Beds as near as you can in the most airy places of your rooms, exposing them to the air the most part of the day, with your chamber-windows open, that the air, which is the most excellent element, that sweetens all things, and prevents putrefaction, may freely pass.

In the night also you ought not to have your window-curtains drawn, nor the curtains about your Beds; for it hinders the sweet refreshing influences of the air, so that the air of all close places becomes of a hot sulphurous nature and operation; and the thin pure vapours, which wonderfully refresh nature, are as it were suffocated. It is in an especial manner observable, when people are sick, or out of order, such rooms as are kept very close, and with great fires in them, have such bad effects on the constitution, that if even a healthy person continue but three or four hours in them, the fulsome steams and thick vapours will much disorder him, and take away the edge of his appetite: And if so, what will the operation be on those whose spirits are weak and disordered with distempers?

Nothing then can be more pleasant and healthful than good air; it cheers and comforts the spirits, it opens the passages of the joints and nerves, it purifies the blood, creates an appetite, increasing strength and vigour: While on the contrary, hot, thick, sulphurous airs do not only obstruct the passages of the spirits, but suffocate them, loading the joints and nerves with evil juices; whereby the limbs and members become full of pain, causing

causing a general tenderness to possess the whole body, and destroying the appetite, and the power of the digestive faculty in the stomach. From all which we may conclude, that *moderate cloathing, hard Beds*, houses that stand so as that the pleasant breezes of wind may air and refresh them, and also such as are full of windows, are to be preferred: For where the air hath not its free influences, the spirits become dull and heavy. (See *Air*.)

The most certain means then not only to prevent the generation of this vermin, but also to preserve health and strength, are straw, or rather chaff-beds, with ticks of canvas, and quilts made of wool or flocks to lay on them, and what we call mattresses; which certainly is the most easy and pleasant lodging that can be invented; and a little custom will make it appear friendly to nature, and in every respect far beyond the softest feather-beds, on which when a man lies down, he sinks into them, as into an hole, with banks rising on each side of him. Besides, such soft Feather-beds do over-heat the reins and back, making all the parts tender, and causing sweatings, and produce also gravelly complaints, and many other inconveniencies to health. They are also extreme fulsom, and by their heat powerfully dry up the radical moisture, causing a general faintness. But on the contrary, hard, even Beds, or mattresses, that lie smooth, are not only easy through custom, but a man may turn freely, both sleeping and waking: They harden and strengthen the whole body, especially the back and reins, make the nerves and sinews strong, preventing the immoderate evacuations by sweating, and keeping the body in

a temperate heat. Besides, such Beds may be often changed, with but little trouble, and less cost; they send forth no stinking fumes or steams, as Feather-beds do; but are sweet and clean. Certainly nothing is more healthy, next to temperance in meat and drink, than clean hard Beds.

All sorts of Beds, especially Feather-beds, ought to be changed, driven, or washed, at the least three or four times in a year; or else it will be very difficult to keep them sweet and clean, and to prevent the generation of vermin, or the other inconveniencies before-mentioned. Feathers and their quills do certainly contain an unclean putrified matter, that hath a near affinity with the nature of Bugs; and therefore Feather-beds are more apt to breed them, than wool, or flocks; though both will do it, if the forementioned rules be not observed.

Indeed each man's own Bed does not stink or smell strong to himself, because he is accustomed to it; neither does a tallow-chandler smell those horrible scents, and pernicious fumes, that old tallow sends forth when it is melted: But let any other person, that is not accustomed to it, be near such things, and it will be very offensive to him. Even so it is in all other stinking trades, and things of this nature: So that the greatest slut in the world does hardly smell her own house or Bed stink.

A great part of the children that die, especially in towns and cities, is occasioned either by the intemperance of their mothers, during the time they go with child, or afterwards by their unnatural and badly-prepared food, and suffering them to eat to excess; also by their keeping

keeping of them too warm, and too close from the air, and lapping of them up in several double cloaths and swathes, so tight, that a man may write on them; and then putting them into warm Beds, and covering them up close. If a strong man was so bound up, he could not endure it, without great injury to his health. Besides, the window-curtains are drawn, and also the curtains about the Bed; by which means the air becomes so hot and sulphurous, that it causes great disorders to attend both the mothers and the children. This ill kind of management does also cause such a tenderness both in the mother and the child, that on every small occasion they are liable and apt to get colds, and divers other distempers.

And it may be affirm'd, That all sorts of people who keep their Beds, let the occasion be what it will, not excepting lying-in-women themselves, have tenfold more need of the refreshing influences of the air, than others that are up: For the Bed being much hotter than a man's garments are when he is up, the thin, refreshing, moist vapours, that do penetrate the whole body more powerfully when a man is up, are there-

by hindred. This is one chief reason why a man cannot digest a supper so well in Bed, as if he sits up. All men know, that the Bed destroys appetite: If a man go to bed at eight a-clock, and lies till eight in the morning, he shall not be hungry; but if he goes to bed at the same time, and rises at four in the morning, though he sits still without action, yet by eight he shall have a good stomach to eat and drink; so great is the power of the air: For when a man is up, his body is cool, and the pure spirits, and thin moist vapours of the air, have power to penetrate the body; which element the body sucks in like a sponge through the pore; and this does not only cool and refresh the spirits, and the whole body, but also powerfully strengthens the action of the stomach. (See *Air, Appetite, Stomach, &c.*)

For destroying this noxious vermin, *Bugs*, see the *Frugal House-keeper's Directory*, part 1.

B L E E D I N G.

See *Evacuations, &c.*

B L E E D I N G S.

See *Fevers, Hamorrhages, Piles, Pleurifies, Wounds.*

B L I S T E R I N G.

See *Evacuations, &c.*

B L O O D.

THE Blood of labouring people is more dense and heavy, than of those who live a sedentary life; and the diseases which people imagine proceed from thickness of Blood, come often from the contrary cause. Too thin Blood strays into the immediately subordinate vessels, which are destin'd to carry humours secreted from the Blood. This causes an obstruction falsely ascribed to the thickness of

the Blood. The qualities of Blood in a healthy state are, to be florid when let out of the vessel, the red part congealing strongly and soon together in a mass moderately tough, swimming in the serum, which ought to be without any very yellow, or greenish cast.

See *Diet, Constitutions, &c.*

B L O O D Y W A T E R.

See *Stone and Gravel.*

B R E A S T.

B R E A S T.

SEVERAL disorders attend the Breast, the chief of which are the following: 1. The disorders to which it is subject in women pregnant, or just deliver'd. 2. The dropsy. 3. Oppression of the Breasts.

1. The disorders to which the *Breasts of pregnant or child-bed women* are subject, may be (1.) a superabundancy of milk; which must be prevented by the application of plaister of hemlock to the Breast. It is usual also to put double linen cloths, dipt in spirit of wine, under the armpits: Plaister of simple diachylum, and milking the Breasts on red-hot irons, will lessen the quantity, and stop the hardening of the Breast. The milk must be dry'd in the other Breast, before the tainted one can admit of a cure.

(2.) A swelling without pain, and hard, presages a cancer, and must be dispell'd by plaister of hemlock with sal ammoniac, plaister of frogs with mercury, and such like. You may use the following cerate:

" Take of the tops of wormwood, powder'd, two drachms; lentil, fenugreek, and fenel-seeds, each one ounce; juice of hemlock and henbane, each three ounces; ointment of dialthea two ounces; duck and goose-fat, each one ounce; deer-suet two ounces; liquid storax half an ounce; a sufficient quantity of wax; make a syrup or cerate." Hemlock boil'd in wine, and bruis'd with hog's-lard, is effectual in extenuating these swellings. (3.) An inflammation of the Breasts proceeds from the sourness of the milk, in women giving suck; and is very dangerous. It may best be dissolv'd by water of unslack'd lime. The cure may also be attempted by a

poultice made of bean, lupin, and lentil-flour, boil'd and kneaded in water and vinegar, and mixt with a little white of an egg. It may also be treated with plaister of hemlock, or of sperma-ceti, &c.

2. A *dropsy in the Breast* is known by the swelling of the Breast and feet, the crookedness of the ribs, quick breathing, a cough and fever, together with a palpitation of the heart. Bladders of water frequently arise in the lungs. This disease is curable by diureticks and catharticks, or by tapping.

3. The *oppression of the Breast* is one of the symptoms of a fever, and must be dispell'd by means made use of in that disease: which see under its proper Article.

As Nature has not provided a Repository for the Milk, it is all contain'd in the Glands and Arteries; so that when Nurses feel so great a Distention in their Breasts, and Parts adjacent, all the Arteries are distended to a great Size, and unless the Milk returns, there is no other Method to get rid of it but to have the Breast suck'd or milk'd, otherwise it will be apt to break the Vessels containing it, and then it curdles and turns into an Abscess. For this, and other Cases relating to the Breasts, (additional to what we have said above) the following Receipts are efficacious.

A Liniment for a sore Breast.

TAKE ointment of yellow basilicon, Arceus's liniment, of each six drachms; powder of myrrh two drachms; mastich, aloes, of each half a drachm; honey of roses, the yolk of an egg, of each two drachms; make a liniment, and apply it warm with pledgers.

For

For the chopping of the Nipples.

TAKE fresh pomatum half an ounce; starch powder'd, and bole-armen. of each an ounce and a half; white sugar one drachm; saffron powder'd five grains; make a liniment, and anoint the Nipples often with it.

For a sore Breast.

TAKE a sheep's head, open it, and after you have washed it, boil it two hours; then strain it, and put to the liquor half a pound of rice; then set it on the fire, and boil it to the consistence of a poultice; mix with it a quarter of a pound of fresh hog's lard, and as much saffron, in powder, as will give it a colour. Lay it warm to the sore; it will both break and heal it.

A Plaister for the Breast, to dissolve curdled Milk.

TAKE sperma-ceti one ounce; white wax two ounces; galbanum, strained with vinegar, half an ounce; oil of alder as much as will be sufficient to make a plaister. It is proper for all tumours of the Breast, occasion'd by the curdling of the milk, and it is good in white soft swellings, or the evil in the Breast, or any hard tumor in any part of the body.

An often try'd Cataplasim to break a sore Breast, &c.

TO the yolks of four eggs take four ounces of live honey; mix them by grinding well together, with about half a pint of red wine, and apply this mixture as a kind of poultice.

Cerecloth for Swellings in the Breast, &c.

MAKE a Cerecloth of oil of linseed and yellow wax, and apply it to the part, first anointing it with linseed-oil.

A Plaister to break a sore Breast, &c.

SEETH a lily-root and piece of leaven in milk, till the root be soft. Lay it plaister-wise to the part, morning and evening, as hot as you can bear it.

To heal a Breast when broken.

TAKE a good handful of parsley, and a good slice of the fat of bacon, and stamp them together; put to it the yolk of an egg, and spread it plaisterwise upon a cloth, and lay it upon the Breast.

A Plaister to discuss and soften any hard Swelling in the Breast, occasion'd by the drying of the milk.

TAKE the plaisters of diachylon, without the gums, of burnt lead, of soap, of each one ounce; cumin-plaister half an ounce; melt them, and add oil of amber one drachm; mix them, and make a plaister, spread a little on a lincloth, and apply it to the Breast.

An Ointment for the same.

TAKE ointment of poplar, camphorated white ointment, ointment of bays, unguent. nutr. and honey, of each an ounce; mix them, and anoint the Breast with a warm hand, and apply the above plaister over it.

To dry away the Milk.

TAKE red lead nine ounces; oil of red roses one pint and a half; white-wine vinegar half a pint; boil them to the consistence of a plaister; spread it on a coarse cloth, and lay it over the Breast.

See Cancer, Feminine Diseases, Milk, Stomach, Wounds, &c.

BREATH.

See Asthma, Consumptions, Coughs, Pleurisy, Phthisick, Teeth, &c.

BRUISES.

B R U I S E S.

BRUISES from falls, or other accidents, are often of bad consequence, according to the weight of the person, the force of the fall, the hardness of the place on which he falls, or the height from whence he tumbles. The circulating fluids are generally stoppt by the accident, and the blood hastening to the injur'd part, will be hindred in its passage: for which reason, bleeding should be plentifully used, particularly if any of the inward parts of the head, the breast, the belly, are injur'd, which will prevent an inflammation, or other dangerous symptoms. Spirituous liquors and heating diet must be abstained from, and small and cooling liquids plentifully drank: And the following applications may be used to the injur'd part.

Take ointment of marshmallows one ounce; sperma-ceti melted two drachms; oil of almonds half an ounce; volatile salt of hartshorn half a drachm; Venice-treacle half an ounce: mix, and make an ointment, to be rubbed well in morning and evening; on which wear cap-paper.

Take sperma-ceti two drachms; Venice-treacle half an ounce; syrup of balsam what is sufficient. Make a mass, which divide into four bolus's, one of which take every five hours, drinking upon it a small draught of the following apozem, viz.

Take pectoral decoction one pound; tincture of saffron made with wine, one ounce; syrup of red poppies an ounce and half: mix.

For a fall from a high place, or a contusion, Take of the leaves of the plant bitter-sweet, four hand-

fuls; powder of linseed four ounces: boil them together in hogs-lard, or Greek wine, and make a poultice, to be apply'd warm to the aggriev'd place. It will dissolve, in a night's time, a swelling as big as a man's head, and has been effectual in almost desperate cases. The same plant may be used inwardly.

Embrocations, with vinegar, oil of Myrtillus, and oil of roses, are enough for a simple bruise: use the following poultice: Take flour of barley and bean-flour, each three ounces; powder of cypress-nuts, powder of flower of pomegranate, and powder of roch-allum, each half a drachm; flower of red roses three drachms; oil of roses one ounce and half; two whites of eggs; a sufficient quantity of vinegar: mix it, and make a poultice.

Take care to thin the clotted blood with saffron, or spirit of wine simple or camphorated, in linen cloth; add to this treacle, and balsam of sulphur, when the nervous parts are affected. Diaphoretic antimony, and volatile salt, are highly serviceable. The powder for a fall, smectic plaister, oil of linseed taken inwardly, the bolus for a fall, and such like, may in some cases be of great use. Amber prepar'd, red coral, lapis cancrorum, and sperma-ceti are greatly approv'd. Strive as much as possible to convert the extravasated blood into pus: but beware of a gangrene.

In a very desperate case, when all the limbs are much bruised, take honey-combs with the honey, and boil them in wine, till they become an ointment; which spread on a warm sheep-skin, taken from a sheep lately kill'd, and wrap the patient

patient therein. One was perfectly cured by the application of this for three days together.

In light hurts from Bruises, beef cut in small slices, and applied to the part affected, is sufficient. And spirit of wine is also an excellent thing for this purpose.

The seven following recipes are likewise well recommended.

Aneasy, but useful Remedy for a fresh Bruise or Contusion.

TAKE fresh butter and parsley of each a sufficient quantity, and having chopt the herb, mix it very well with the butter, to the consistence of a cataplasin (which is to be apply'd warm) to the newly bruised parts

For inward Bruises.

TAKE sperma-ceti one drachm; white sugar candy in powder two drachms; grind them well together, take a sufficient quantity of balsam of syrup, make them into pills with a warm pestle, and three or four twice a day.

For Contusions, Bruises, &c.

TAKE green twigs of woody night-shade (cut like sarsaparilla) four ounces; cochineal one scruple; white-wine one quart; infuse hot and close all night; then having strained out the liquor, add syrup of ground-ivy four ounces; venice-treacle half an ounce; mix.

This last, says an eminent physician, is a singular experiment; for it dissolves extravasated clots of gore after a marvellous manner, and throws it out of the body. It operates so powerfully and specifically, that upon the use of it, I have sometimes, adds the doctor, (not without astonishment) observed black urine, which I supposed was

made so by clots of blood dissolved, absorbed, and mixed in with the serum. Let six ounces be taken twice, or four ounces thrice a day.

For an inward Bruise.

HAVING first been let blood, immediately after take the following bolus and draught.

Take Venice-treacle two scruples; sperma-ceti one scruple; castor and virginia snake-root, powder'd, of each five grains; volatile salt of hartshorn, camphire, of each six grains; syrup of balsam, sufficient to make a bolus.

The Draught: Take penny-royal-water, hyssop-water, of each one ounce; treacle-water one ounce and a-half; syrup of saffron half an ounce; compound spirit of lavender, sal volatile oleosum, of each half a drachm: mix and make a draught.

For the same.

TAKE irish slate two drachms, powder it; spruce beer half a pint: mix them and drink twice a day; bleeding being premised.

For the same.

TAKE Venice-treacle, Lucatellus-balsam, of each one ounce; milk of brimstone half an ounce; sperma-ceti one drachm and a half; saffron, powder'd, one drachm; pectoral syrup, a sufficient quantity to make an electuary. Take the quantity of a large nutmeg three times a day, drinking after it a quarter of a pint of white-wine.

For a Bruise on the Head.

TAKE sal volatile oleosum, hungry-water, and compound spirit of lavender, of each one ounce; mix them together, and rub the head therewith, it being first shaved.

BURNS and SCALDS.

A BURN is instantly accompanied with a very violent inflammation and pain; and sometimes becomes a most stinking and dangerous ulcer.

For an excellent medicine to prevent putrefaction, and perfecting the cure, dip linen cloths in spirit of wine, and immediately apply them to the part affected, repeating it often till the pain ceases, and afterwards twice a day,

In the beginning of a Burn, cut the pustules, in order to discharge the sharp and hot matter. To ease the pain, take pigeons blood warm from the bird.

If the face is burnt with gunpowder, which sticks in the skin, pick it out instantly with some sharp instrument. In slight Burns, oil of alders, and whites of eggs, or oil of flax, and lime-water, shaken together, are to be applied. A poultice of horse-dung is useful to draw out the fire: Or, take sugar of saturn half a drachm; vinegar of the best white-wine four ounces; dissolve, and then add a sufficient quantity of oil of alders; mix 'em, and make an ointment.

In Burns of the eyes apply defensives to the temples and forehead: stop the flowing of humours to the part affected chiefly by bleeding: constantly drop some woman's-milk into the eyes, mixt with rose-water; and, for a poultice, 'take
' two ounces of the pulp of roasted
' apples; two drachms of flour of
' fenugreek; one ounce of barley:
' boil 'em in a sufficient quantity of
' cow's-milk to make a poultice, to
' which add half a scruple of saffron.' In this sort of Burns avoid opium: but where the pain is sharp, apply a poultice, of the crumb of

white bread, boil'd in milk, with a little saffron and opium; which will assuage the pain a-while at least.

In a Burn, there are three degrees: 1. When the skin is red, the pain very pungent: presently pustules arise on the part affected, wherein a clear and white water is held, and the skin at last breaks. To prevent pustules from arising, 'dip the part affected immediately
' in hot water, or in oil, or hold
' it near the fire: for fire is its own
' antidote; nay, onions bruised in
' a mortar with salt, and a little
' soap, will extract the fire.'

2. The second degree is, when the place, being puffed up, grows red and painful, hot and burning, and the skin contracted and shrivelled by the violence of the fire. For the Burn, 'take ointment of
' basilicum one ounce; oil of roses,
' and oil of white lilies, each half
' an ounce; two yolks of eggs:
' apply a defensive, and wrap the
' burnt place in a bandage wet in
' oxycrate, or even opium, in extremity of pain.'

3. The third degree is when the skin has no sense, if prick'd with a needle, and becomes a hard dry crust, which leaves behind it a loathsome and dangerous ulcer. Beware of a gangrene. Bleeding is sometimes proper. Use the following fomentation to alleviate the pain, and soften the skin: 'Take
' marsh-mallows root two ounces;
' quince-seeds, and fenugreek, each
' half an ounce; chamomile-flowers,
' and melilot-flowers, each one
' handful: boil 'em in a sufficient
' quantity of spring-water for a fomentation; and add a little spirit
' of wine.'

Fire from lightning is the most dangerous of all, and must be cured according to its degree: give cordials inwardly.

For the preventing of unsightly scars after the cure, apply emollients, and afterwards a thick plate of lead, anointed with mercury.

The following receipts are of experienced efficacy in particular cases of Burns and Scalds.

A very often experienced Remedy for Burns.

TAKE two parts of the oil of walnuts, and one of honey; mix them well together over a gentle fire, and when they are thoroughly incorporated, dip a feather in the mixture, and anoint therewith the part affected, so as the ointment may touch it immediately; and then strew on it some powder of ceterach, or spleenwort, and keep the part quiet, and defend it from the air.

For Burns, and stenching of Blood.

FOR stenching of Blood, there are but few medicines which exceed the colcothar of vitriol, whether wash'd and freed from its salt, or not wash'd: 'Tis but a common thing, but will do more than a thousand much more enobled.

An excellent Ointment for Burns and Scaldings.

TAKE of saccharum saturni half a drachm; of the sharpest vinegar four ounces; make a solution of the former in the latter; and add to this solution, drop by drop, (often stirring or shaking them together) as much oil of alder as will serve to reduce the mixture into the form of an ointment.

A Liniment for a Burn.

TAKE linsced oil one pint; ointment of alder, and honey, of each four ounces; the yolks of three eggs; the powders of white lead, burnt lead, and pompholyx, of each two ounces; oil of roses and lilies, of each a sufficient quantity to make a liniment: dip fine linen rags therein, and apply to the Burn, having first bathed it with spirit of wine camphorated.

An Ointment for a Burn.

TAKE ointment of tobacco, Arceus's liniment, ointment of pompholyx, of each two ounces; the yolk of an egg; balsam of peru two drachms: mix and anoint the wound, and lay over it a plaister of simple diachylon.

For a Burn.

TAKE two raw onions; salt two drachms; beat them in a mortar, and apply them to the Burn.

CACHEXIES.

CACHEXY is derived from the Greek, and signifies a bad habit or constitution of body, proceeding from unsound viscera, or distemper'd juices: it differs only in degree from an anasarcaous dropsy; for when once an ill habit is confirm'd, the legs become dropsical and pit. Gross, glutinous, or viscous food is often the occasion of

this distemper. The following meats are therefore to be shunned; viz. beef, old tough meats, pork, hare, venison, fish of a hard and clammy consistence, as eels, &c. silted and dry'd meats, as bacon, hung salmon, &c. also unripe plums, apples, melons, cucumbers, medlars, &c. lettuce, cabbage, beans, pease, new cheese, new bread, all gleywy food,

food, as calves-feet, cow-heel, sheeps-feet, &c. eating to satiety, is also bad; be the food what it will; too much or too little, too small or too strong drinkables at meals are also bad; and a person ought always to chew well what he eats; for, as is well observ'd, the beginning of concoction is in the mouth, and no more should be left for the stomach to perform than belongs to it, if you would not fill it with crudities.

When persons are reduced to a bad habit of body, so as to come under the denomination of a Cachexy, they will find the following symptoms: The face will be pale and bloated, the skin soft and flabby; they grow weary without exercise, hate to stir about; have a coldness of their limbs, a dull heavy pain in their heads; an inclination to sleep; they become stupid, find a difficulty in breathing; lose their stomachs; are generally costive; their fluxes are suppress'd; their water is pale and muddy; pulse slow and weak; and at last they grow weak and feeble, and are unable to stir at all.

All obstructions are to be open'd, the blood must be thinn'd, and the circulation promoted: For which purpose the following medicines are very proper.

Take mercurius dulcis 10 grains;
resin of jalap 6 grains; lenitive
electuary one drachm; as much
syrup of cloves as will make a

soft bolus; which is to be taken
in the morning; and this is to be
repeated at proper distances 3 or
4 times. Then

Take the bark and wood of
guaiacum, of each an ounce and
half; saffras wood, an ounce;
rosemary tops, ground ivy, car-
dus leaves, of each two handfuls;
daucus-seeds, three drachms; ci-
namon, two drachms; white
tartar, two drachms and half;
cut and bruise all these, and
infuse them in a gallon of white-
wine 24 hours; then strain them
out, and add spirit of salt armoni-
ack one drachm: Make an apo-
zem, and drink a draught of it eve-
ry day in bed morning and even-
ing, not so as to sweat; but only
to warm one so long a time as a
benefit is found. Or,

Take angelica roots, and ele-
campane roots, of each an ounce;
digest them in spirit of wine till
the tincture be very strong; then
filter thro' cap-paper, and evapo-
rate the spirit of wine till there
remain an extract at bottom as
thick as honey: To this extract
add a drachm of volatile salt of
hartshorn; mix all well together,
and make an extract, which keep
close: Take 15 grains of this
morning and evening in a glass of
any strong wine, till the com-
plection returns, and all the sym-
ptoms vanish.

C A N C E R.

AT the beginning of this disorder a pricking pain is felt, afterwards the Cancer grows bigger, sometimes suddenly, sometimes more slowly; and then becomes a hard, black, livid tubercle. When ulcerated, there succeeds a most violent heat, corroding the part like aqua-fortis, with a very offensive

smell and putrefaction, the veins round the tumour being swell'd and black.

It often follows wens or hard-swellings ill cur'd; but in the breasts it begins of itself; sometimes in the genitals. It is call'd *noli me tangere*, or *the wolf*; which are really species of this distemper.

The

The principal care must be to prevent the Cancer's becoming ulcerous.

• A cataplasm of cicuta wonderfully mitigates a Cancer, taking care of excoriating the skin. Issues must be made by cautery. Purge with hellebore and sweet mercury, a decoction of the woods, milled, pedes, testaceous powders, asses milk, &c.

An ulcerated Cancer is scarce ever cur'd.

• Oil of human dung is the best remedy in cancerous ulcers. In an occult Cancer, Wiseman's epithema may be applied with some advantage; which is made of a solution of sacchar. saturni in aq. spermat. of frogs; to which may be added, in violent pain troch. alb. rhafis with opium. The plaster may be of simple vermillion, spread upon a linen cloth, which is most mild and innocent.

A small Cancer, beginning free, and in a convenient part of the body, arising from an external cause, is the only one that may be extirpated with any hope of cure.

Among the empirical medicines, the following powder is much approved:

• Take two ounces of the warts growing at the hinder heels of a stone-horse: wash them in common water; then infuse them in white-wine all night; and afterwards let them be dry'd, and reduc'd to powder; the dose half a drachm twice a day in any proper vehicle.

Venice soap to half a drachm twice a day, either in the form of pills, or dissolved in a proper vehicle, is said to cure a Cancer by some occult operation. The patients should begin, where they usually end, with a milk diet, and the

Bristol waters, and shun too many medicines.

The dog and duck water in St. George's-fields, Southwark, has been known to be very efficacious in this sad distemper.

And the following recipes have been very successful in some cases.

An approved Medicine for a Cancer not broken.

TAKE dulcify'd colcothar, and with cream, or whites of eggs, beaten to a water, bring it to the consistence of a cataplasm; which ought to be made large, and spread about the thickness of half a crown, and applied warm to the part affected, shifting it at least once a day.

For a Cancer.

TAKE the hard substance that divides the kernel of the walnut, dry it to powder, and take it in some liquid, morning and evening, as much as will lie on a six-pence.

For the same.

TAKE three turnips; boil them in a new pipkin; press the juice in a new earthen pan; bathe the breast with the juice. Take two ounces of hogs lard, and make a poultice with the turnips. Let the patient shake her breast by the fire; then wash it with the liquor with new flanel, and put the poultice on new flanel, and lay on the breast; and if it breaks, continue it till it is well.

A Liniment for a Cancer ulcerated.

TAKE liniment of Arceus, the fat of vipers, of each one ounce; ointment of tobacco, ointment of apostles, of each half an ounce; powder of myrrh, red præcipitate sifted fine, of each three drachms; balsam of peru, elixir proprietatis, of each two drachms; mix and anoint the ulcer once or twice a day, applying the following plaister over it.

The Plaister.

TAKE the plaisters of red lead, diachylon with the gums, compound diachylon, of each one ounce; sperma-ceti, half an ounce; balsam of sulphur turpented, balsam of Peru, of each two drachms; oil of amber, one drachm; mix them to a plaister, and lay it over the sore.

A Fomentation to discuss a Cancer.

TAKE common wormwood, pennyroyal, hyssop, chamomile flowers, melilot, of each one handful; the roots of Florentine orrice, gentian, of each six drachms; boil them in spring water and milk, of each a pint and a half; strain two pints

of the liquor; to which add, tincture of myrrh, spirit of wine camphorated, of each three ounces; opium, one drachm; mix them together, and foment the Cancer with it warm twice a day.

A Plaister, to be applied after Fomentation.

TAKE the plaisters of compound diachylon, diachylon with the gums, frogs with mercury, of each one ounce; sperma-ceti, half an ounce; balsam of Peru, one drachm and a half; oil of amber, thirty drops; make a plaister, and apply it over the breast after the fomentation. See *Feminine Distempers*.

C A N K E R.

AS this distemper is generally called when seated in the *Mouth*, is a very troublesome and dangerous disease; and what is often in other parts called a *Cancer*. In the mouth it is also called *Aphtha*, or *Thrush*; as in the Nose it is named a *Polypus*. We shall in this place speak principally of that in the mouth, for which the following remedies have been prescribed with success.

For a Canker in the Mouth.

PUT a spoonful of honey, and a little quantity of stone-alum, into an egg-shell, and after it has boiled a pretty while, take it off the fire, and roll a little lint in it, and apply it to the part affected, shifting it often.

Another.

TAKE rosemary, thyme, red sage, small bramble-leaves, the red-

dest sorrel, celandine, honey-suckles, cinquefoil, an equal quantity; boil all together in running water from a quart to half a pint; then put so much alum in it, as will give it a taste; and after it has boil'd again, put in a good quantity of honey to make it sweet; then let it boil again, and scum it, and wash your mouth with it.

Another.

TAKE flowers of sulphur, one ounce; rock allom, crude and finely pulveriz'd, half an ounce; mix these very well together, and incorporate them with as much good honey as will serve to bring the mixture to the consistence of a liniment, to be apply'd from time to time to the part affected.

See *CANCER*. See also the article *THRUSH*, in *Childrens Distempers*, &c.

C A R M I N A T I V E S

ARE such things as dilute and relax at the same time, because wind occasions a spasm or convulsion in some part. Whatever promotes insensible perspiration is

carminative; for wind is perspirable matter retain'd in the body. See *COLICK*.

CATHARTICKS.

See *Evacuation, Stomach*, &c.

CEPHALICKS.

ARE all such things as attenuate or thin the blood, so as to make it circulate easily through

the capillary vessels of the brain.

See *Apoplexy, Epilepsy, Head, Palsy, &c.*

CHALYBEATS, and their Virtues.

Chalybeats are the principal medicines for a broken constitution, green sickness, obstruction, jaundice, dropsy, and all distempers that owe their rise to the crudeness and poverty of the blood; they cause a new fermentation, and shake and beat up and purge the mass of blood in such a manner, that as it had not the rich red globules, but lookt pale and watery, it by degrees becomes pure, red, spirituous, lively and sparkling. Also where the unconcocted slimy pituita having stoppt up the passages, and caused obstructions, whereby the blood was forced to circulate sometimes swift

and other times slow; these obstructions are removed by steel, which breaks thro' them, and opens the ways, causing the blood to flow freely, and without any difficulty; thereby distributing equally and kindly, nourishment, heat and life, to the whole body.

But when the blood is depriv'd of its juvenile fermentation, because the whole human fabrick is almost worn out with age, then in vain must we expect much from these sort of remedies.

CHICKEN-POX.

See *Small-Pox.*

CHILBLAINS and KIBES,

THO' generally looked upon with a slight eye, are nevertheless troublesome companions, and in extremity of cold, if neglected, sometimes turn into gangrenes. For the Kibes before they are inflam'd, it will be sufficient to wash them morning and evening with warm water; or with cold water at bed-time: But if they are inflam'd, after washing them, as above, let the following method be pursued.

' Take spirit of wine rectify'd, four ounces; Venice-treacle, one ounce; make a mixture, into which dip a rag four-double; tie it upon the part, every night, to be kept on all night.

' Or, take oil of turpentine, three ounces; spirit of salt armoniack, half an ounce; tincture of myrrh, one ounce; mix, and bathe with

' it at bed-time, and lay a double cloth dipt in it all night upon the place.

' Or, take broom ashes, one handful; wormwood and centaury, half a handful of each; boil them in four quarts of water to two; strain out the lixivium, and when you use it, warm it, and add a little spirit of wine to it; bathe with it, especially at bed-time, and lay warm flanel upon it all night; and repeat the batheing in the morning.

If the Kibes are ulcerated, they must be used as follows:

' Take turpentine dissolv'd in the yolk of an egg, one ounce; soot of wood, or in want of it, soot of coal, half an ounce; spirit of turpentine, one drachm; mix, and make a balsam, which spread upon a pledgit made up of lint

‘ large enough to cover the ulcer;
 ‘ tie it well on with warm cloths
 ‘ overall; and repeat it morning
 ‘ and evening.

‘ Or, take tincture of myrrh,
 ‘ one ounce; hiera picra, made with
 ‘ spirit of wine, two ounces: Mix
 ‘ and bathe warm with this: Then
 ‘ apply the following liniment upon
 ‘ the ulcer, and tie it up, and keep
 ‘ the part warm.’

‘ Take sperma-ceti dissolv’d in the
 ‘ yolk of an egg, two drachms;
 ‘ oil of spike, or of petroleum, three
 ‘ drachms; turpentine dissolv’d in
 ‘ the yolk of an egg, two ounces;
 ‘ oil of amber, two drachms; lini-
 ‘ ments of Arceus, three ounces;
 ‘ mix, and make a liniment to be
 ‘ spread thick, and apply’d.’

The following recipes have also
 been of efficacy in these cases.

*A Family Ointment for Chilblains,
 Kibes, Felons, Whitloes, &c.*

TAKE May butter, seven ounces;
 wax, resin, of each four ounces;
 crude honey, ten drachms; wheat-
 flower, six drachms; mix them,
 and spread it upon leather, apply it
 to the part affected, change it twice
 a day till it begins to grow well:
 It also warms, loosens, discusses,
 cleans, ripens and digests, and is of
 known service in the speedy curing
 of Felons and Whitloes in the fin-
 gers; it is of singular use to abate

inflammations, and bring swellings
 to ripeness and maturity.

Another for Chaps.

TAKE beef suet, three ounces;
 wax, one ounce; *Strasburgh*
 turpentine, half an ounce; oil of bit-
 ter almonds, a sufficient quantity,
 to make an ointment; being melted
 together, anoint the chaps there-
 with every morning and night go-
 ing to bed, and it will cure them
 in a few days.

Another for Chilblains.

TAKE pretty thick parings fresh
 cut from turnips, and hold them
 to the fire till crisp; then apply them
 to the unbroken tumors or blisters,
 as hot as can be endur’d, and keep
 them on a competent time, and
 repeat them, if requir’d. They will
 relieve without breaking the blisters.

A Poultice for Whitloes and Felons.

TAKE the yolk of a new-laid
 egg, put to it common resin
 in fine powder, a sufficient quan-
 tity; balsam of *Pern*, six or eight
 drops; mix them together till they
 become a poultice, and apply it to
 the part affected. It is an excellent
 medicine.

A Poultice for Kibed-Heels.

TAKE onions and turnips roasted,
 of each what pleases; mix with
 turpentine, what suffices; for kib’d
 heels.

CHILDRENS DISTEMPERS.

THE following extract from
 an eminent physician, will
 be a very proper introduction to
 this article, and well deserves the
 attention of all tender mothers.

‘ Our children in *England*, says
 ‘ he, are mostly carry’d off by gripes
 ‘ and convulsions; and to provide
 ‘ against these maladies, would be
 ‘ saving the lives of two thirds who
 ‘ die. I know not how it happens

‘ that our women indulge them-
 ‘ selves, when with child, in all
 ‘ cool and windy diet; but under
 ‘ the affected notion of longing for
 ‘ all they like, they devour vast
 ‘ quantities of fruits, melons, cu-
 ‘ cumbers, peaches, nectarines,
 ‘ plums, apricots, cherries, goose-
 ‘ berries, currans, filberts, and the
 ‘ rest are thrown gradually down.
 ‘ For this indiscreet liberty they
 ‘ sometimes

‘ sometimes suffer themselves: But
 ‘ if it agrees with them, it seldom
 ‘ fails of making strong impressions
 ‘ on the poor infants they go with,
 ‘ whose fibres are tender, and sus-
 ‘ ceptible of every mistake their
 ‘ mothers make. We often find
 ‘ them attribute to frights and trou-
 ‘ bles those ailments of their chil-
 ‘ dren, which ought to be laid
 ‘ on other causes. This we are sure
 ‘ of; that this diet abounds with all
 ‘ that is requisite to create wind,
 ‘ and raise convulsions, because they
 ‘ have all of them a sourness, or
 ‘ viscosity, or both. Fruits make
 ‘ wines, and will ferment readily,
 ‘ and all that is fermented is windy
 ‘ more or less. Such aliment in
 ‘ children can’t fail of griping.
 ‘ Their blood is made up of the
 ‘ quintessence of this diet. Their
 ‘ secretions smell sour, and their
 ‘ stools are as green as grass. Their
 ‘ nervous juices must be of the same
 ‘ nature, and it is not possible to
 ‘ avoid either gripes or convulsions,
 ‘ or both; for the one generally
 ‘ ends in the other.

‘ I would begin with the *women*,
 ‘ and advise them to be cautious of
 ‘ their diet, if they desire a sound
 ‘ or long-liv’d progeny; but if that
 ‘ cannot be granted, then a second
 ‘ chance must be run: The *children*
 ‘ must be carefully treated from the
 ‘ birth. You must diligently void
 ‘ the meconium of their guts, that
 ‘ is, the excrements of the child,
 ‘ which adhere to the intestines af-
 ‘ ter they are born, and which not
 ‘ carefully carry’d downwards,
 ‘ prove the death of many an in-
 ‘ fant. This may be done by giv-
 ‘ ing them oil of almonds, and syrup
 ‘ of roses, join’d to a little oil of
 ‘ nutmegs gradually, till they have
 ‘ thrown downwards that black
 ‘ pitchy stuff, which has lain in

‘ their little bowels for so many
 ‘ months.

‘ As soon as you perceive that
 ‘ all this is pass’d off by stool,
 ‘ which you will know by the co-
 ‘ lour being chang’d from a black
 ‘ or gritty matter, to a yellow or
 ‘ brown; then in their diet or
 ‘ spoon-meat, if you bring them up
 ‘ by hand, mix a little drop of spi-
 ‘ rit of harts-horn in their whole
 ‘ meal, or of good sal volatile ole-
 ‘ sum, which is yet better, twice
 ‘ or thrice a day, and continue to
 ‘ do this daily for some time, and
 ‘ you will very probably prevent
 ‘ both gripes and convulsions: Or,
 ‘ if this should be look’d upon to
 ‘ be too much trouble for the *nurse*,
 ‘ let the mothers give a strict eye
 ‘ to the child’s stools, and if they
 ‘ perceive in them the least tincture
 ‘ of *green*, then let them be diligent
 ‘ in giving these drops till they turn
 ‘ of a yellow colour; and this you
 ‘ will find a method of great use
 ‘ for the gripes and convulsions.
 ‘ And as children are almost always
 ‘ fed too high, it is probable their
 ‘ little stomachs may be cram’d
 ‘ too much with phlegm of a sour
 ‘ nature; and a little dose of suit-
 ‘ able physick, such as the syrup of
 ‘ roses just mentioned, with the oils
 ‘ of almonds and nutmegs, once in
 ‘ a month, will be useful.

‘ I have often known a method
 ‘ made use of by *nurses*, which is of
 ‘ a dangerous nature. When the
 ‘ children disturb their rests by
 ‘ crying, they give them doses of
 ‘ meconium or syrup of white pop-
 ‘ pies, in order to set them to sleep,
 ‘ and keep them quiet. This is a
 ‘ very pernicious and wicked cu-
 ‘ stom, and parents can never be
 ‘ too cautious about it. If they find
 ‘ their childrens bellies swelled: If
 ‘ they are costive and drowsy: If
 ‘ they

• they are thirsty, and lose their appetites, there ought to be inquiry made how all this comes about: and to bring nurses to a confession, you must press that the child may take now and then a dose of this syrup, or of *Venice treacle*; and when they think you fall in with their notions heartily, they will be fools enough to own, that they have always practised this secret, or it would not have been possible to have kept the child easy; whereas an admonition against it, would only have serv'd to make them conceal their wicked arts. It is high time to keep an eye upon such a nurse, if you set any value upon your child's health or life.

• Children suffer great detriment from this soothing secret, because one dose works twice as long upon them as upon older people: If then a nurse plies the infant with this syrup, 'tis odds but she destroys it before the parent discovers how all this happens.

• In *Gripes* and *Convulsions* avoid milk-meals, and victuals too much sweeten'd: All such turn sour upon their stomachs, and ever cause these symptoms. Broths, in such a case, are the best diet; but if children are peevish and very thirsty, milk boiled thin, and such cooling diet, are best. I say, milk ought to be boiled thin, and their pap also. For it is a horrid mistake to boil their victuals so thick, as to be like glue; it sticks indeed to their ribs, as they say, and to every place, and their little hearts have not force enough to dissolve it. This is the last scene of our victuals in our blood. When all the fluid parts are carry'd off by urine, and the pores, the juices become jelly'd, and unfit for cir-

• culation; and our remedy in such a case, is to supply liquor to dilute or thin this jelly, that it may not stick too much any-where: For nurses then to look upon this thickness of childrens victuals, as a necessary condition to nourish them, is a vulgar error, that ought carefully to be exploded, and put out of the nurses heads. It is from hence that they are so far from gaining the end they aim at; that they starve the child, and bring it into an atrophy or wasting. However this is a custom they will readily comply with, according to the mother's desires, because it saves them both labour and fire. At present, mothers are pleased if they see a porringer of gluish victuals, and enough of it, in a pipkin. But this caution, I hope, will prevent this mischief for the future, with all considerate and affectionate parents, and nurses too, who may see these sheets.

Thus far this learned gentleman. It may be further observed on this important article, That besides what hath been said, the distempers of children may be owing, 1. To the thickness of the nurse's milk. 2. To the eating of flesh too soon. 3. To the pernicious use so often practised by nurses of spirituous liquors in their food. 4. To taking cold. 5. To the milk growing sour and curdling in the stomach, for which honey and water, with a little wine, is a good dissolvent and thinner, after abstinence from sucking for some hours; and syrup of cichory with rhubarb will expel the faulty matter. Oily substances are not so well in this case; but clysters, and warm fomentations to the stomach and belly, are beneficial. And 6thly, The distempers of children may be owing to the

the natural acidity of their bowels, which produces such a crudity as is the principal root of all their subsequent distempers; the most successful means toward the cure of which, is the application of absorbent and testaceous medicines. Opium and anodynes are dangerous, gall is the greatest resolvent of curdled milk. Gentle carminatives, as fennel-water, mint-water, relieve. But after all, the cure of childrens diseases depends very much upon the diet of the nurse.

Children fat, and of a phlegmatic constitution, with soft heads, and an open mould, are subject to the *rickets*, stubborn *aphtha* or *thrushes*, convulsive *coughs*, and *scrophulous distempers*: But those of thin habits are most tender, and expos'd to the most inflammatory *fevers*, and violent *heats*. Such as are born of sickly parents, seldom recover from dangerous illnesses.

In the cure of childrens indispositions we are to take care to use such medicines as are adapted to the tender state of their bodies; and to avoid bleeding, except in dangerous contusions, or feverish and convulsive coughs.

Syrup of peach blossoms is the gentlest vomit for children, towards opening their bowels; and in great use at present. It may be taken from two drachms to one ounce; and given to new-born infants instead of oil of sweet almonds, syrup of violets, &c.

Oil of sweet almonds, and syrup of violets; or syrup of harts-horn or of rhubarb, is, as has been observed above, a proper purge for new-born children; and may be continued till the mucilaginous serum in the stomach, and the black viscid excrement in the guts, called *meconium*, is expelled. The first

milk is a natural remedy for that end; yielding a fine thin aliment and purge for several days, agreeably to the child's constitution; and which, as the child always brings it into the world with it, is its most natural as well as physical aliment, and a reason why mothers should suckle their own children at least till this meconium is purged off by the bluish thin milk which is so efficacious for this purpose, and which after some days changes to a thicker substance, and loses its purgative quality. When therefore the milk is staler, and has lost its first quality, 'tis necessary to have recourse to the gentle purgatives above mentioned.

Sweet mercury is seemingly well adapted to infants distempers, but aurum fulminans better. Give a grain, or a grain and a half, to sucking infants, at two doses. This is a safe remedy in convulsive *asthmas*, *epilepsies*, *convulsions*, *gripes*, &c. It has sometimes the nature of a vomit, and brings off very fetid stools.

We shall now proceed to treat severally of the distempers incident to children. And,

1. Of the JAUNDICE, which is generally mortal thro' the carelessness and desperation of the nurse.

This distemper commonly appears at, or soon after the birth of the infant. It may be cur'd in a short time by giving powder of *English saffron*, and bezoar mineral, each one grain, in the mother's milk, once or twice a day. Rhubarb is proper when the child is costive, or syrup of cichory with rhubarb. Salt of amber, millepedes, powder of vipers, &c. are also given in such cases.

2. The CONSUMPTION is a dangerous distemper, and takes its rise from the viscosity of the food; which

which necessarily causes an obstruction of the chyle, and a depravation of the nourishing juices of the body. A spare diet must be us'd towards the cure of this distemper. Volatile medicines, and the milder chalybeats, are of service; also anointing the body with gum armoniack. Several children have been recover'd by colt's-foot fry'd in the same manner as clary, the juice whereof is also of good effect. A *lingering consumption* is curable by infusing rhubarb in thin ale or small-beer; which has been found effectual both in this distemper, and the *phthisick*. The medicine known by the name of *unguentum ad atrophian*, may be applied; and those in use against the *rickets*, are equally serviceable in this.

3. *Cutting of the TEETH* is accompany'd with an itching of the gums, convulsions, diarrhoea's, and fevers; which symptoms appear principally in children of gross bodies, at the breeding of the canine teeth. In two years time, for the generality, all the teeth are produced. There are two seasons for breeding teeth; 1. When the tooth strives to penetrate thro' the jaw-bone. 2. When it swells the gum, and makes strong efforts to pierce it. You may render its passage easy by making an incision on the gum, but be not too early in that operation. All the symptoms that attend the breeding of the teeth, are to be cur'd the same way, i. e. by medicines that absorb and diminish the acid, and afterwards mild purges.

When the gums are inflamed through the difficulty of breeding the teeth, very violent consequences succeed; as gripings, looseness or costiveness, convulsions, and many other disorders.

Children usually, at cutting their teeth, slobber much, which for the most part induces a *diarrhoea*, and is esteem'd a good sign. In this case rub the tooth with a tobacco-leaf steep'd in a little ale; which will gently stir the spittle, and preserve the belly soluble. If the child has *convulsions* in teething, give it of crabs-eyes, pearls prepar'd, and red coral prepar'd, each one drachm; as much of oil of sulphur as it can take at a draught. Mix 'em, and make a powder of one scruple a dose.

For the *Gripes*, give the child half an ounce of the whitest chalk, rue and flower of chamomile, each half a handful: boil a sufficient quantity in spring-water to four ounces: strain it, and add tincture of castoreum, and diascordium, each two drachms; syrup of meconium, one drachm and a half; oil of aniseed, ten grains. Mix it, and make a glyster.

For *Convulsions* a small dose of spirit of harts-horn is effectual, infusing three or four drops in black cherry water.

4. *EPILEPSY* owes its origin, 1. To the difficulty of cutting the teeth. 2. Corrupted milk. 3. Strength of passion in the nurse. 4. Worms. 5. Retention of the meconium. 6. Costiveness.

The time this disorder visits children, is generally the first month after the birth, or when they begin to breed teeth.

The following is a well-approv'd, tho' simple remedy for them:

' Take two handfuls of green chamomile, cut it small, and put it into two bags of silk or fine linen: dip the bags into hot milk, and squeeze 'em: then apply them by turns to the abdomen.'

The

The Hon. Mr. Boyle advises the following receipt against the Epilepsy and Convulsions in children.

‘ Take about half a drachm, or
‘ from one scruple to two, or some-
‘ what more, of finely powder’d
‘ amber; native cinnabar, ten grains;
‘ mix, and sweeten with powder’d
‘ sugar, and give twice a day for
‘ six weeks, unless it cure before:
‘ and then to give it two or three
‘ days before each new and full
‘ moon, for some months succeß-
‘ fully. See *Epilepsy*.

When children are afflicted with *gripes* and *convulsions*, such medicines as diminish the acidity of the nerves, and carry off the crudities by stool, are successfully applied; among which are to be number’d testaceous powders, given with castor.

The nurse must take antispasmodic remedies; as also roots and seeds of male peony, and seeds of sweet fenel, boil’d in whey, each morning and evening. All the gall contain’d in the gall-bladder of a sucking puppy-dog is a well recommended prescription; it should be taken out, and given to the infant, together with a little linden-flower-water. Another approv’d remedy is this: ‘ Take of oil of capivy, and
‘ oil of castor, each two drachms;
‘ of oil of amber, half a drachm:
‘ mix ’em, and apply the liniment
‘ to the child’s temples, neck and
‘ nostrils.’

Sulphur of antimony, and aurum fulminans, given one grain a dose; or in more tender constitutions, a grain and half at two doses, are admirable towards the cure of the Epilepsy.

The fit may be instantly taken off by giving two or three drops of oil of amber, and the like quantity of spirit of vitriol, in black cherry wa-

ter. But the most excellent remedy of all is oil of sulphur per campanam, which will certainly eradicate the disorder, especially in the first month: give as much as will procure a pleasant acidity, in some cephalic julep. The powder call’d *ad guttetam* is useful to prevent a relapse.

The Hon. Mr. Boyle recommends the following in convulsions:

‘ Put two or three drops of chy-
‘ mical oil of rosemary into half an
‘ ounce of sack in an ounce bottle;
‘ stop and well shake the phyal to
‘ make a whitish mixture just be-
‘ fore you give it; or else in an
‘ half-pint phyal put four ounces of
‘ sack, and drop in it forty drops
‘ of the said oil; and shaking the
‘ phyal, give a child’s little spoon-
‘ ful.’

5. *Convulsive* COUGHS, with which children are afflicted till they discharge a mucous matter, and become easy for a time, till it returns in like manner, proceed from the acidity of the stomach, or from a saline quality, to which tender bodies are liable thro’ the sharpness of the air. Children often die of a catarrh, and a rattling in the breast: wherefore they must be kept from the injuries of the air, which is very destructive to them.

For a *convulsive Cough* give a spoonful at a time, of the following syrup: ‘ Take as much as you think
‘ proper of millepedes drown’d in
‘ white wine; press out the juice,
‘ and add a sufficient quantity of
‘ white sugar, to make a syrup ac-
‘ cording to art.’

A vulgar specifick is the flesh of fry’d mice; but the cup-moss taken in any form, is generally approv’d. An extract of millepedes for a phthi- sic, julep of nutmeg, syrup for a convulsive cough, &c. are reckon’d

to have good success in some cases. A decoction of moss growing on trees, particularly the oak, is preferable to all the rest. To infants of riper age may be given oil of sulphur per campanam, or aurum mosaicum; and fresh whey from the cheese may be taken as a common drink.

Bleeding and repeated purges will sometimes cure this disease, without the help of other remedies: but a vomit is, in some stages, requisite, which may be promoted by a feather dipt in oil. Sperma-ceti in broth is of excellent use. Turnip broth is also much recommended.

6. A DIARRHOEA in children must first be sooth'd with testaceous powders, and afterwards be purg'd off with rhubarb. Mouse-dung, given with a due regard to the patient's age, is an approv'd medicine for costiveness. In infants of tender constitutions, anointing the belly with butter before the fire, and washing their thighs and buttocks constantly with cold water, will have a good effect. Liniments of scammony, colocynth, &c. are useful. The cause of this disorder is to be attributed to some fault in their pap or milk.

7. The GRIPES are cured by applying sperma-ceti with oil of aniseed after giving a glyster; and other laxative and absorbent powders. Juniper, to which may be added a sufficient quantity of ox's gall, as also a liniment of oil of rue and chamomile, may be used externally.

8. FEVERS, or Gripings in the Bowels, when they attack a child of a year old, are commonly carried off by taking every fourth hour, about a scruple of some of the following powders; viz. Crabs-eyes, crabs-claws, egg-shells, oyster-shells, coral, corallin, mother of pearl, Gascoign

powder, bezoar-stone, &c. and a little of the following julep: Take four ounces of alexiterial milk-water; two drachms of black cherries; piony, and compound epidemic-water, each two drachms; a sufficient quantity of fine sugar; mix it, and make a julep. Sometimes an emulsion of sweet almonds, &c. should be given to quench the thirst, and allay the humours.

In irregular cases, six grains of ethiops mineral, and sometimes one scruple, or half a drachm; or four grains of sweet mercury, with a little flower of sulphur, in a spoonful of some pleasant syrup, will intirely remove, or considerably diminish the most dangerous symptoms.

About the third day, generally, a child of a year old may take the following purge; syrup of cichory with rhubarb two drachms; powder of rhubarb fifteen grains, or one scruple; alexiterial milk-water, and thin cinamon water, each a sufficient quantity to dissolve: mix 'em. Rhubarb is absolutely the best physic for so tender an age.

9. VOMITINGS in Children, from whatever origin they spring, are wholesome, unless too violent: Some ill quality in the milk is generally the cause of it.

If they are too frequent, and the matter be discolour'd, inject a glyster, and apply carminatives inwardly, as nutmeg, and such-like; outwardly, toasted bread soaked in wine, and sprinkled with spices, may be used to the stomach.

10. Miliary ERUPTIONS on the Skin, commonly called the Red Gum, torment children about the third or fourth day after their birth. It may be intirely cur'd by confection of alkermes, Gascoign powder, and saffron in generous wine, &c.

11. The

11. The LOUSY DISTEMPER is to be cured in one night's time by washing the head with a lye, in which the seeds of staves-acre have been boil'd, and anointing it with this ointment: 'Take oil of spike two drachms; oil of sweet almonds half an ounce; ointment of tobacco six drachms: mix 'em, and make an ointment.'

12. APHTHA, or *Thrushes*, are small ulcers, spread over the whole mouth, and even, as is thought, to the stomach: they are mostly white, sometimes yellow or black, which is the most dangerous. After the use of absorbent and testaceous powders, you must gently dispel the humours by syrup of cichory and rhubarb. Avoid purging, because it is apt to induce a diarrhoea, the worst symptom of all. A decoction of elm-bark with honey of roses, is the best gargarism. In young children, rape-oil, mixt with some sugar, gives instant ease. Album Græcum, and spirit of sulphur, with honey of roses, is admirable. Mucilage of quince-seeds, with the juice of the larger houseleek, composes a good ointment for the *Aphtha*: but the best of all is rape-juice, roasted in a close vessel, and press'd out, without sugar. As a proper specific, 'Take juice of the larger houseleek, the best honey, each an equal portion: boil it some time, in order to clarify: then add a sufficient quantity of rock alum, to an indifferent sour taste: make a mixture; and anoint the mouth and throat, every hour or oftener, with a feather.'

13. Worms in children are of dangerous consequence, when they are expell'd either by the mouth or otherwise, of themselves. The principal signs of them are terrors in sleep, plentiful spittle on an

empty stomach, swell'd belly, grinding of the teeth, gnawings of the stomach, redness and paleness by turns, dry coughing, looseness, scratching the nostrils, thirst, loathings, vomitings. When the worms are large, they consume the moisture, and instead of looseness will bind, and swell the belly; and have been known to eat through the guts.

You may externally use this ointment: 'Take two drachms of aloe, half a drachm of myrrh; six grains of oil of wormwood; a sufficient quantity of bull's gall: mix 'em, and make an ointment: to which add a few drops of oil of colocynth, for a spur.'

A celebrated remedy among the *Italians* is this: 'Take one drachm of quick-silver; infuse it at night in two ounces of Italian-vetch-water: in the morning decant the liquor, and drink it.'

As an excellent destroyer of worms, 'Take an ounce of quick-silver, boil it in half a pint of common water, or rather in the white decoction: or shake it well in a glass vessel, till the mercury sinks; then pour off the clear liquor by inclination, and give it the child as its ordinary drink.'

Native cinnabar is a very good medicine against worms, but calcin'd tin a better: whence the following worm-powder; 'Take calcin'd tin, coralline moss, and worm-seeds, each one ounce; saffron, and saffron, each one drachm: mix 'em, and make a powder; which administer from half a scruple to one scruple.' This is not purgative. A drop of quicksilver, as big as a large pea, with a little milk, in a spoon, is safely given to young infants. *Bates's Vermifuge Plaster* and *Syrup* are sometimes used successfully.

Children

Children subject to worms ought not to live much upon milk, cheese, or ripe fruits, nor take much sugar; because some insects lay their eggs in sugar.

The gall of animals, and mercury, kill worms, and destroy their nests; it is found by experience, that the water in which mercury is boild has this effect; all bitters among alimentary substances; honey and oil given by the mouth, or clysters, have a good effect; they may be taken together fasting; any substance which by its pungency can wound the worms, will kill them, as steel, hartshorn, coralline, coral powder'd, fish bones, &c.

14. SCABBY ERUPTIONS are frequently seen in infants, spreading over their faces, and several parts of their bodies. The cure must be left to nature, unless the nervous or muscular parts are thought to be in danger; in which case ethiops mineral, diaphoretic antimony, &c. may be applied. If the scab is dry, anoint it with oil of sweet almonds, with a few drops of oil of tartar per deliquium, or balsam of sulphur, common lye, &c. Or if it runs, sprinkle it with powder of stones, calaminth, tutia, ceruse, flower of sulphur, camphire, &c. Sweet mercury is safer than the other mercurials.

For the *Tinea* or *Tetter*, • Take • litharge of gold, and ceruse, each • two drachms; flower of sulphur, • and quicksilver, each one drachm; • a sufficient quantity of oil of roses: • mix it, and make an ointment. Begin the cure in the wain of the moon.

15. The RICKETS arise from weakness of the nerves, from sickly parents, and especially from mothers of a weak lax constitution,

living on a various, high, and plentiful diet, without exercise; and also is often got from an unwholesome nurse; bad or improper diet; as of pudden, much butter, wet or ill-air'd linen; eruptions of the skin struck in, or ill-cured; or exposing their lower parts too long to cold air. Ricketty children are to be cured by applying leaches, purging medicines, diaphoretics, digestives, specifics, and breathing a vein. Clysters laxative, and sometimes strengthening, clysters of the decoction of horse-dung, flower of rosemary, terebinth, with an extract of live millepedes, may be injected. Purge with rhubarb and calomel. Issues made betwixt the first and second vertebra of the neck, are very useful. Volatile salts, balsam of sulphur, elixir proprietatis, and ens Veneris, are well approv'd. Steel is sometimes proper, tho' to be used with caution. Oil of snails is of good service in hectic and phthical children. The diet of ricketty children ought to be moderately warm, even mixed with spices and carminative seeds. They ought to forbear new bread, and rather use biscuit. White flesh meats should be indulg'd them, and rather roasted than boiled, and a moderate quantity of wine. Frictions and chafings of the back-bone and joints with flanel, smoak'd with penetrating aromatical substances, and fomenting the joints with old malaga wine, have often prov'd very effectual. They ought to use as much exercise, especially by coach or other carriage, as they are capable of. The lower belly must be open'd by vomits and proper purgations; for there is chiefly the seat of the disease; and afterwards the cold bath is a very proper and effectual remedy.

For

For the *swelling* of the *Abdomen*, place the child in a proper vessel, and cover him almost over with barley soak'd in boiling water, till you perceive a gentle breathing sweat.

You may give the child the following clyster:

• Take stone-horse dung, one ounce and half; anil, fenel, and pounded mallow-seeds, each half a drachm; chamomile flowers, one handful; boil it in a sufficient quantity of whey: strain it to four ounces: dissolve in it ten drachms of syrup of violets; of red sugar, and oil of roses, each half an ounce; mix it, and make a clyster.

The Rickets were scarce heard of till the year 1630, and were not mentioned in the bills of mortality till 1634, and then but fourteen for that whole year, from which time they increas'd, so as to be five hundred and twenty-one, in the year 1660; and now they are decreased again; and perhaps may in some years (like a comet) quite disappear.

16. The VENEREAL DISEASE, contracted in children from the nurse, is cur'd with no great difficulty, taken early, by the flour of sarsaparilla given in their pap or panaja, adding some citron sanders, with purging at proper intervals.

17. HORSE-SHOE-HEAD causes the sutures of the skull to be too much relax'd, which continue so for some years; it generally portends a weak constitution, and may be cur'd by embrocating the parts affected with rum or brandy, adding palm-oil, or the white of an egg.

18. HEADMOULDSHOT is when the edges of the cranium, chiefly at the coronal, lie over each other, which compresses the brain, and causes

convulsions that often terminate in death.

We shall further observe under this head, that nothing is more grateful and refreshing to young children, than the pleasant air: It comforts their spirits, and causeth a free circulation of the blood and radical moisture, begets appetite, and makes them grow in strength; and let them alone to their own choice, nature and instinct point out this to them very remarkably: for from earliest infancy upwards, they are never better pleas'd than when they are carry'd abroad, or in the air: But, on the contrary, hot sulphurous airs, with great fires, and warm cloathing, do not only hinder the circulation of the blood, but suffocate the spirits, and destroy the appetite, causing an unnatural heat to possess the whole body; whence proceed various disorders and diseases.

Also close Bindings, tight swathings, over-warm cloathings, and thick hot airs, do oft in weak-spirited children cause convulsions, vapours, and fumes to fly into the head, sometimes occasioning vomiting, &c. which people call windy diseases.

The following receipts are well approved in their respective cases.

Against Gripes, Worms, &c. in Children.

TAKE fine rhubarb (cut into thin slices) two drachms; liquorice, aniseeds, each two scruples; rassins stoned and shred, thirty or forty; put them into a glass bottle of ale, holding a quart. This purgeth kindly, without gripes or sickness; takes off the slipperiness of the ventricle and intestines, and leaves them stronger than before. It is a mortal enemy to worms, and is given to two ounces more or less; and

to very young children in proportion.

A Clyster for the Gripes in Children.

TAKE powder'd white chalk, half an ounce; rue, chamomile flowers, each half a handful: boil in water half a pint to four ounces; to the strain'd add tincture of castor, three drachms; diascordium, two drachms; syrup of meconium, half an ounce; oil of aniseed, ten drops; mix.

It comforts the intestines, dissipates wind, eases pain, takes off spasms, and is superlatively good and convenient for small children; when (by reason of hard breeding

of teeth, or four humours) they have green griping stools, and are troubled with inquietudes, watchings, feverish flushings, and when convulsions threaten them.

For a sore Mouth in a young Child.

BOIL honey a little, then put in some burnt alum, but not to make it too sharp; then put in a little wheat flower, and a little of the moss of black-thorn burnt to ashes; and so anoint the child's lips with it, when it goes to sleep, who by licking it in, will heal its own mouth.

See *Measles, Ruptures, Small-pox, Thrush, Worms, &c.*

CHRONICAL DISEASES

LAST long, wear out the constitution leisurely, and are accompanied with a slow pulse; whereas *acute* distempers soon terminate either in death, or recovery, and are joined with a quick pulse. The scurvy is the root of most chronical diseases of the *British* nation, and is a necessary consequence

of their living almost wholly on animal food, and drinking so much strong liquors. As chronical diseases are not brought on at once, so they cannot be quickly removed. Therefore all quacks, and pretenders to instantaneous or speedy cures of such distempers, are to be suspected and despised. See *Palsy, &c.*

C O L I C K.

COLICK originally signifies only a disorder of the choler, but is generally used to express any disorder of the stomach or bowels that is attended with pain. The learned give us five distinctions of this terrible disease; to wit, 1. A *bilious Colick*, which arises from abundance of acrimony or choler, which so irritates the bowels, as to occasion continual gripes, and generally a looseness. This is best managed with lenitives and emollients, which by degrees purge off and soften the offending humours. 2. A *flatulent Colick*, proceeding from flatu's and wind pent up in the bowels, which distends them into unequal and unnatural capa-

cities: This is managed by carminatives and moderate openers. See *Hypochondriack* and *Hysterick*. 3. An *hysterical Colick*, arising from disorders of the womb, which are communicated by consent of parts to the bowels, and is to be treated with the ordinary hystericks: See *Feminine Disorders*: Also *Hypochondriack*. 4. A *nervous Colick*, proceeding from convulsive spasms and contortions of the guts themselves, from some disorders of the spirits, or nervous fluid, in their component fibres; whereby their capacities are in many places straighten'd, and so as sometimes to occasion obstinate obstructions: This is best remedy'd by brisk catharticks, join'd with

in PHYSICK, &c.

The following different method in which the flatulent and bilious colick ought to be treated, will be of use to the reader: The one being to be managed with warm medicines, and the other with cooling and diluting remedies.

• Take a scruple of extract of
• Rudijs; seven grains of mercurius
• dulcis; one grain of opium; one
• or two drops of oil of cloves;
• make four or five pills; to be ta-
• ken in a spoonful of warm wine;
• or if the patient do not like pills,
• take the following potion; to wit,
• Take mint water, two ounces;
• elixir salutaris, an ounce and half;
• resin of jalap dissolved in the yolk
• of an egg, four grains; syrup of
• buckthorn, six drachms; liquid
• laudanum, twenty or twenty-five
• drops. Take it, and keep warm.

water, or milk-water; and only such physick as will purge and dilure. Our *English* purging waters are proper in this case; and if they are not at hand,

‘ Take a draught of mint-water,
‘ two ounces; spirit of nitre dul-
‘ cify’d, fifteen drops; and one
‘ ounce of syrup of white poppies;
and this will generally perfect the
cure, if taken early: But if it should
not, repeat it twice or thrice, and
it will hardly fail. But remember
to drink nothing strong but what is
well diluted with water, for three
or four days.

*An almost specifick Remedy for a
Fit of the Colick.*

**An easy, but approv'd Medicine for
the Colick.**

TAKE about half a drachm of
maſtich, and mix it with the
D 2 yolk

yolk of a new-laid egg, and give it the patient once or twice a day.

An approved Medicine for inveterate scorbutick Colicks, and Pains of the Bowels.

TAKE *English* barley, and having well wash'd it, boil it in a sufficient quantity of fresh spring water till it be just ready to burst: Then pour off the clear upon the yellow part of the rinds of lemons, freshly cut off from the white part; and put them into a bottle, which being carefully stoppt, the liquor is to be made the patient's constant drink.

An incomparable Medicine for the Colick.

REDUCE the yellow peel of oranges to powder, and give from half a drachm to two scruples.

An excellent Medicine for the Colick.

TAKE half a pint of *Dr. Stephens's* water, half a pint of plague water, half a pint of juniper-berry water, powder of rhubarb two ounces; mingle these together, and take about four spoonfuls at a time, shaking the bottle each time.

Tincture of Rhubarb, excellent in the Colick.

TAKE rhubarb sliced thin, two ounces; brandy, one quart; infuse cold: For some uses 'tis best to infuse it in cinamon-water. The dose three or four ounces.

An Infusion for the Colick.

TAKE zedoary root bruised, two ounces; canary wine, brandy, each half a pint; macerate in a gentle heat twelve hours. To the strain'd add oil of juniper, sixteen drops; oil of cloves, four drops; fine sugar, one ounce; mix.

In a bilious Colick no medicine will avail much, till the body be cooled and wrought through with

a purge; and after it is so, this medicine will be useful. In an Hysteric Colic, *Dr. Sydenham* prescribes zedoary between the fits. Two or three ounces are to be taken three or four times a day.

A Fomentation for the Colick.

TAKE chamomile flowers, two ounces; juniper and bay-leaves, each one ounce; crude salt armoniack, half an ounce; boil in water three quarts to two; adding at last seeds of sweet fennel, caraway, cummin and anise, bruised, each half an ounce; to the strain'd add brandy, one pint; mix. This is useful not only in a flatulent or wind Colick, but also in the torturing bilious Colick: For when the pain rages intolerably, and the sick is so costive, that the strongest purges will not pass; then it is that these fomentations happily assist the purges, and break off the disease.

For the Colick.

TAKE ten grains of *Gascoigne's* powder, ten grains of rhubarb, ten grains of nutmeg; mix these ingredients in a spoonful of plague or hysteric water; drink a little after it; take it three nights, and miss three, till you have taken it nine nights.

Tincture of Rhubarb, for the Colick, Gripes, &c.

TAKE of rhubarb, two ounces; the lesser cardamums, and saf-fron, each two drachms; true *French* brandy, a quart and four ounces; extract a tincture according to art; then strain it off, and add thereto four ounces of solutive syrup of roses. Take in the intervals of the fit, two spoonfuls every morning; and in the fit, eight spoonfuls.

For

For a Colick attended with a Vomiting.

TAKE the waters of black cherry, mint, and compound wormwood, of each two ounces; lemon juice, one ounce and a half; salt of wormwood, one drachm; syrup of poppies, one ounce; spirit of mint and compound lavender, of each one drachm and a half: mix, and take three spoonfuls after every vomiting: If the case is bad, add to it one grain of opium.

For the Stone Colick.

TAKE the leaves of mallows, fena, of each half an ounce; salt of tartar, half a drachm; boil them in spring water, to a pint strain'd; put gum arabick, half an ounce; white-wine, four ounces; syrup of marsh-mallows, one ounce and a half; sal prunella, two drachms; sal volatile oleosum, one drachm: mix them, and take four ounces every two or four hours, as occasion requires.

For the same.

TAKE horse dung, three ounces; penny-royal water, parsley water, of each a pint: warm them; then strain, and add white wine, half a pint; juniper water, four ounces; sal volatile oleosum, two drachms: mix, and take four ounces as occasion requires.

For a Colick.

TAKE orange peel, six drachms; calamus aromaticus, galangal bay berries, of each one drachm; cinnamon, cummin, of each a drachm and a half: make a powder, and take a drachm of it in the Colick pains.

A Clyster for the Colick.

TAKE chamomile flowers, one handful; bay berries, juniper berries, of each one ounce; sweet fennel and cummin-seed, of each half

an ounce; simmer them in water enough to strain ten ounces; then add oil of aniseeds, two drachms; fallad oil, one ounce and a half; brown sugar, a spoonful: make a clyster.

For the Colick.

TAKE linseed oil fresh drawn without fire, one ounce; balsamick syrup, and syrup of maiden-hair, of each two drachms: mix, and make a draught, to be taken morning and evening for three days.

Colick Pills.

TAKE extract of Rudiis, one scruple; extract of Theban-opium, one grain; oil of caraways, one drop; mix, and make pills, four in number; to be taken as soon as may be, and to be repeated, if the pain requires it.

A Tincture, which being continued for a considerable time, perfectly cures those that are much troubled with the Colick.

TAKE gentian root sliced thin, orange peel, calamus aromaticus grossly beaten, of each one ounce; rhubarb shed, half an ounce; aniseeds, three drachms; hiera picra, three drachms: infuse them warm twenty-four hours in a quart of white wine; strain, and take three or four spoonfuls every morning, fasting an hour after it.

The hysterical Colick, as we have already observed, is to be treated with the ordinary hystericks. See in the receipts under the head of *Hypochondriack Disorders*.

The Stone Colick, by nephriticks or diureticks. See *Stone*.

The Colick attended with looseness, gripes, &c. as in several cases, to be found under the head of *Fluxes*, &c.

CONSTITUTION.

UNDER this head, we shall give the following general rules to be observed in the diet of persons of different constitutions, together with the symptoms which will discover the respective constitution of each person.

And, 1. *In lax and weak Fibres.*] The signs of which are paleness, a weak pulse, palpitations of the heart, flabby and slack flesh, laziness, lassitude, bloatedness, scorbutical spots.

Such ought to avoid all great evacuations, especially letting of blood, viscous or tough substances, and such as are hard of digestion; also a sedentary life, and moist air. They ought to take aliment frequently, in small quantities, nourishing, and of easy digestion, such as milk, broths and jellies of flesh meat, pannedas, &c. Their drinks ought to be austere wines mixed with water, or any wine mixed with chalybeat water; and to use in their aliment stiptick austere vegetables, as far as their stomachs can bear them.

See *Diet, Feminine Disorders, &c.*

Too strong and springy Fibres.] The signs of which are, A body hard, dry, scraggy, hairy, warm, with firm and rigid muscles, a strong pulse, activity and promptness in animal actions.

Such constitutions are subject to inflammatory distempers. Their nourishment ought to be emollient and cooling, the pulps, juices, jellies, mucilages, and decoctions of vegetables, animal oils, and all things which relax and increase fat, avoiding all things seasoned with spice and salt: Their drink, water, barley-water, whey; and especially to avoid fermented spirits, which to

such are extremely hurtful. Bathing in tepid water is beneficial to such constitutions, and immoderate labour or exercise hurtful.

See *Fevrs, Pleurisies, &c.*

Plethorick Constitutions.] The causes of it are a good stomach, nourishing diet, a good digestion, little exercise, much sleep, and suppression of usual evacuations, especially perspiration; therefore the avoiding these, and inducing their contraries, are the proper cure.

A plethorick constitution is subject to a stoppage of the circulation, and consequently to suffocation, ruptures of the vessels, and sudden death; therefore it ought to be speedily broke by proper artificial evacuations, and restoring the usual natural ones. Long abstinence is not proper for plethorick constitutions, for it thickens the fluids; frequent blood-letting, in small quantities, often increaseth the force of the organs of digestion, fattens, and increaseth the distemper. They ought to avoid oily and nourishing substances. Watery vegetables, as being less nourishing than animal diet, are proper; and fish rather than flesh: In a Lent diet people commonly fall away. See *Apoplexy, Epilepsy, Palsy, Lethargy, &c.*

Sanguine Constitutions.] Such are known by their complexion, or colour of their countenance and skin: They are subject to hemorrhages, inflammations, especially of the lungs, imposthumations, and often to scrophulous distempers.

All things which accelerate the motion of the blood are hurtful to sanguine constitutions, as violent exercise and watching.

Acid

Acid substances, especially vinegar, are useful; the copious use of vinegar brings paleness.

The sanguine ought to avoid the copious use of all things that abound with an acrimonious salt and high exalted oil, as mustard, onions, garlic, leeks, the herbs used in seasoning; and in general all spices. See *Hæmorrhages, Lungs, Cutaneous Distempers, &c.*

Constitutions subject to Acidity, or Sharpness of Blood.] The signs of which are sour belchings, a craving appetite sometimes of unusual things, as in the case of the green-sickness, colical pains, dry gripes, change of the colour of the bile from yellow towards green, a sour smell in the excrements and sweat, paleness of the skin, lowness of the pulse, and some sort of eruptions of the skin,

Such ought to abstain from the copious use of acid alimentary substances: They ought not to eat much bread, nor take great quantities of mealy substances, nor drink much of fermented liquors, especially sour and thin wines.

Their diet ought to be rather of animal substances than vegetable: The flesh of those animals which live upon other animals is most anti-acid, as several birds and water-fowl; though those are offensive to the stomach sometimes, by reason of their oiliness. Vegetable and animal oils are often agreeable to such stomachs, as almonds, pistachos, cream, butter, marrow.

Water or wine not sour or thin, is their proper drink.

They ought to use much labour or exercise; for labouring people have commonly a good digestion, and subdue the acidity of their aliment. See *Colick, &c.*

Constitutions abounding with a spon-

taneous Alkali.] The symptoms of which are, heat, thirst, hot puerose belchings, foulness of the tongue and palate, a bitter and hot taste in the mouth, sickness, loathing, bilious vomitings, stools with a cadaverous smell, pains in the belly, with heat.

Such a state disposeth the humours of the whole body to heat, inflammations, and putrefaction, hinders nutrition, and often causeth eruptions on the skin, dark, livid, lead-colour'd and gangrenous, and what is commonly called the hot scurvy.

Such constitutions ought to avoid an animal diet, especially fat, also spices, and all vegetables which abound with an acrimonious salt and high exalted oil, and the copious use of salts in general; all animal salts are alkaline; sea-salt and rock-salt, though they are of a mixed nature, rather increase the disease; salt-petre is the most cooling and proper.

They ought to live much upon aliments made of grains or mealy substances, to eat much bread, and season much with vinegar; thin wines, wine mix'd with water, water with juice of lemon, and especially milk and water, are proper drinks. Such as feel no inconvenience in taking acids, ought to take them plentifully. People of such constitutions ought not to use violent exercise, nor long abstinence, which disposeth to such a state, and after long abstinence they ought not to eat plentifully; they ought to use liquid rather than solid aliment.

Plethorick constitutions are subject to fall into this alkaline state of the fluids, which is more dangerous than that which proceeds from acidity; therefore one cannot

be too early and quick in discerning a tendency to such a state, and observing if the person be plethorick, hot, or dry; if the air be hot; if bilious fevers reign; if there be any acrimony in the faeces, urine, sweat; or a yellow cast in the skin. With the signs above-mentioned, by an early application of proper remedies, many dangerous and fatal diseases might be prevented. See *Scurvy*, &c.

Phlegmatick Constitutions.] The signs of which are, sickness of the stomach, a sense of fulness without eating; crudities or meat remaining in the stomach undigested, dejection of appetite, wind coming upwards, but especially tough phlegm frequently rejected by vomiting, inflations and tumors of the belly, (sometimes short breath) and paleness. When a child grows pale, and his belly swells, as happens to those that are rickety, there is certainly tough phlegm in the intestines, which commonly shuts up the mouths of the lacteals, and hinders the nourishment from passing.

Persons of such constitutions ought to avoid mealy substances unfermented, unripe fruits, and all viscous nourishment; they ought not to let blood, except upon urgent occasions; nor provoke sweat, which thickens the humours. Their diet ought to be soapy substances, spices, salt, garlick, onions, leeks, and the warm vegetables used in seasoning, thyme, rosemary, savory, basil, marjoram, and in general, every thing which exalts the bile; for bilious and phlegmatick constitutions are opposite; and even children so diseased ought to use a warmer diet, than what seems proper to their age without it. Phlegmatick persons ought to drink

fermented liquors, and generous wines, such as put the blood in a vigorous motion. Warm water dissolves phlegm, but it relaxeth too much.

Thickness of Blood.] The signs of which are, thirst, leanness, excess of animal secretions, as of urine, sweat, liquid dejections, too strong a perspiration.

For such, the diet prescribed in lax or weak fibres, is useful; milk boil'd with grains, especially rice, rather solid than liquid aliment, and austere wines for drink.

Oily or fat Constitutions.] Fat people ought to eat and sleep little, and use much exercise, in which the cure chiefly consists.

Whatever heats moderately, stimulating substances, as mustard, horse-radishes, garlicks, onions, leeks, spices, and the aromatick plants used in seasoning, saffron, carminative seeds, meats high seasoned with salt, pepper and vinegar, are all proper, and dissolve fat; they have only one inconvenience, that they create thirst, and great quantities of liquids increase the disease, by diluting and relaxing the solids; salt is a great dissolver of fat. Fat people ought to avoid oily nourishment; but soapy diet, which consists of oil and salt is proper, because it is resolvent; therefore honey, sugar, and ripe garden fruits, are useful.

Whatever promotes perspiration, and therefore frictions of the skin, are useful. Their drink ought to be thin wines; coffee and tea, as they dilute and stimulate moderately, are useful; great quantities of oily fermented liquors increase fat; mere water relaxeth too much; moist air is hurtful to fat people, by relaxing the fibres, and stopping perspiration. See *Exercise*, &c.

Melancholy

Melancholy Constitutions.] A tendency to which is known by a dark or livid countenance, dryness of the skin, leanness, a quick penetrating genius, a slow pulse and respiration, obstruction of the belly, and too great application to one object.

To such, all things which heat and promote too great a perspiration, are hurtful. Also such nourishment as is viscous and hard of digestion, and nothing more than salted or smoked flesh or fish; in general, every thing that thickens the fluids, or reduceth them to a pitchy condition. Astringent austere aliment, and austere wines, are hurtful. Too cold and too hot air are both hurtful; for in such states of air, melancholy persons are always worst. Diluting is beneficial, especially with water impregnated with some penetrating salt, substances which cool, relax the belly, and resolve the bile; barley-water, whey, ripe garden fruits, emollient pot-herbs, especially let-

tuce, cichory, dandelion, and honey most of all.

There is one caution to be observed, that the diet ought to be opposite to the particular acrimony which occasions the disease; for if it proceeds from too great acidity or sharpness, in such a case, an animal diet, broths made of flesh-meat, and even eggs, are proper; if the cause be alkaline, the contrary method is useful. See *Phrenzy*, &c.

Faulty Motion of the Fluids.] The blood and other fluids of a human body, are often not only peccant or faulty in their qualities, but motion, which may be either too slow, too quick, or in some of the vessels totally obstructed.

Those who have too slow a circulation, are to be consider'd as in the case of phlegmatick and fat people; and those who have too quick a circulation are to be consider'd as in the case of such as are bilious, hot, and alkaline; and the respective diets are proper.

CONSUMPTION

IS a disease of fatal consequence to *English* constitutions. There is not a greater preventive than abstemiousness in youth, to avoid debauches, to eat milk-meats and rice, in which are boiled comfrey and eringo, which smooth and open obstructions gently. Testaceous medicines are also very good in this case, because they suck up into their pores all watry and sour juices, and obtund them; only care must be taken not to hurt the appetite with using them too freely.

A Consumption is frequently attended with an hectic fever, and is divided into several kinds according to the variety of its causes, which must carefully be regarded. For there are *hereditary* and *accidental* Consumptions, *acute* and *asth-*

matick ones: But the most common Consumption is that of an *Ulcer of the Lungs*, which pines and wastes the patient, till his legs fail him, and then puts a period to his life.

Consumptions may be divided into four stages, each of which will require a different treatment. The *first* may be called a *disposition* to a Consumption; which may continue for a long time, according to the malignity or acrimony lodg'd in the matter ready to be deposited into the substance of the lungs. The *second* is a stuffing of the lungs, when matter is *actually* lodged upon them, so as to cause a purfiness or shortness of breath. The *third* is a hard swelling on the glands of the lungs. The *fourth* is an *inflammation*,

RULES and RECEIPTS: Consumption.

growing, and at last an ulcer of the lungs.

The first stage, by due care, is not hard to be cured. The second and third degrees of it, admit of palliative cures: But the last, especially if the ulcer be large, admits of none.

In the first Stage,

The Disposition to a Consumption, the load of salt humours should be taken off by bleeding, which fans and cools the feverish heat which attends; and as the stomach is often loaden with saltish phlegm, which lays a foundation for more mischief, it ought to be discharg'd: For which reason the patient should proceed as follows.

Let half an ounce of honey of squills be given in a draught of posset drink, and repeated twice or thrice in an hour, if the patient does not vomit sufficiently.

Take after the vomit, for a draught at bed-time, cordial milk-water, and carduus-water, of each one ounce; barley cinamon-water, half an ounce; syrup of white poppies, six drachms; mix.

Or, after the vomit has done working,

Take pectoral decoction, four ounces; tincture of saffron, two drachms; liquid laudanum, fifteen drops; syrup of violets, two drachms. Mix for a draught.

After the vomit, it will be necessary to make further discharges by gentle lenient purges, to divert the flux of humours from the lungs: Wherefore

Take the best manna, and oil of sweet almonds, of each an ounce and half, or two ounces: Dissolve them in a pint of hot ptisane; let half be drank at bed-time, the other half an hour after rising. Or,

Take of the best senna, two drachms; of cassia broken with the canes, and tamarinds, of each half an ounce; of coriander-seed prepared, half a drachm: boil them in a sufficient quantity of spring-water to half a pint; then dissolve in the liquor strain'd an ounce of the best manna; half a drachm of sal prunel; mix them, and let half be taken in the morning, and the remainder half an hour after.

But as purges alone carry off only some of the load, and it is also necessary to give some opiate to quiet the cough, it is better to mix both together, thus:

Take rose aloe, one scruple; hound's-tongue pill, half a scruple: mix, and make into four pills, to be taken at bed-time. Or,

Take of stomach pills with gums of aloe-phangine, half a drachm (or nastich pill, or pills of amber); London laudanum, one grain: Mix, and make into four pills to be taken at bed-time, and to be repeated every third night for three times.

Sweats are improper in this distemper; but shaving the head, issues and blisters, are very requisite.

Opiates after discharges, to allay the troublesome tickling, are also proper: Wherefore

Take balsamick syrup, one ounce; liquid laudanum, fifteen drops: Mix, and make a little draught; to be taken at bed-time.

The thin matter spued into the lungs should be incrassated and loosn'd, that it may be spit up: Wherefore

Take oil of sweet almonds, syrups of maiden-hair, violets, and marsh-mallows, of each one ounce:

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ounce: Mix, and make a linctus, of which take a spoonful every four hours, and drink after it warm four ounces of the following apozem:

Take of the pectoral decoction clear, a pint and half; tincture of saffron extracted, with treacle-water, syrups of maiden-hair, of jujubes, of each an ounce: Mix. Or,

Take oil of sweet almonds, syrup of red poppies, of each an ounce and half; of meconium, half an ounce: Mix, and make a linctus; to be taken at pleasure, with a little of the apozem after it.

If the cough continues obstinate, we must use *balsamick pills* and *spaw waters*.

Take powder of wood-lice prepar'd, three drachms; of the finest gum armoniack, a drachm and half; of the flowers of Benjamin, two scruples; extract of saffron, balsam of Peru, of each half a scruple; balsam of sulphur, as much as is sufficient: Mix, and make into pills of a moderate size; wrap them up in liquorice-powder, take three of them twice or thrice a day, and drink after them a draught of spaw water, or of the pectoral apozem above-mentioned.

For the patient's ordinary liquor,

Take farza root slic'd, eight ounces; China root slic'd, four ounces; maiden-hair, and colts-foot, of each two handfuls; great daisy-flowers, two handfuls; raisins of the sun ston'd, six ounces; liquorice slic'd, an ounce; aniseeds, two drachms: Mix, and make a bag for four gallons of middling ale; infuse them.

In the second and third Stages,

The hectical heat must be abated;

the lungs must be defended against fresh influxes of matter, and therefore the humours are to be discharged. To prevent the danger of an inflammation, we may draw away blood sparingly; we may continue the issues and blisters; but to answer the other ends, balsamicks, opiates, and altering medicines, are to be made use of, to wit, milk, or chalybeat waters of the light kind; or jellies, thick broths, and phlegmatick waters: Wherefore proceed thus:

Take wood-lice prepar'd, half a drachm; crabs eyes prepar'd, one drachm; red coral, a drachm and half; powder of white amber, two scruples: Mix, and make a powder, which divide into eight papers, and take one three times a day in a spoonful of the following julep, drinking a draught of it afterwards.

Take of cordial milk-water, and black cherry-water, of each half a pint; of small cinamon-water, six ounces; of prepar'd pearl, half an ounce; of fine sugar, as much as suffices.

For the rest, they may proceed as in the first stage, but with more caution; and all the mucilaginous medicines must be given to lenify the passages, and defend them from the acrimony of the humours; to wit, raisins, almonds, dates, oils of almonds and linseed, shavings of harts-horn, gum tragacanth, &c. All colds, and passions of the mind, must be avoided, and chalybeat waters or milk may be used.

In the last Stage,

The peripneumonick fever, if there be one, must be cur'd, and an ulcer must, if possible, be prevented or palliated. Bleeding answers the inflammation; and

Take fine salt petre, a drachm and

• and half; tartar purify'd, a
• drachm; fine sugar, half an
• ounce: Mix, and make a pow-
• der; which divide into thirteen
• papers, and take one every four
• hours in a spoonful of any cool
• julep, and drink a draught of the
• same after it.

In this inflammation they may likewise blister: Ptiſan is a proper liquor. And make a linctus of the following ingredients, of which take a spoonful every hour in a draught of the pectoral drink above-mentioned; viz.

• Take oil of sweet almonds new,
• drawn, an ounce; syrup of mai-
• den-hair, an ounce and half; su-
• gar-candy, one drachm.

If an *ulcer* be bred, as is known by the yellow and bloody matter spit up, and by a periodical fever, all that can be done is to proceed in the use of the pectoral linctus's, apozems, cordial powders, and julep, as well as the same diet as before: For it is not curable; and all that can be done is to curb the flux, or stop the sweats: Wherefore

• Take cordial milk-water, fix
• ounces; cinamon-water, an ounce
• and half; diascordium, two
• drachms. Make a cordial mix-
• ture of them, and give four or
• five spoonfuls, after every stool,
• in case of a flux.

If they sweat much, let fix spoonfuls be given every fourth hour of a julep made of the following ingredients; viz.

• Take of plantane-water, or that
• of oak buds, six ounces; small
• cinamon-water, four ounces;
• aqua mirabilis, one ounce; pearl
• and coral prepar'd, of each one
• scruple; chalk powder'd, half a
• drachm; true bole and dragon's-
• blood, of each fifteen grains; Ja-

• pan earth, ten grains; spirit of
• vitriol, as much as to sharpen;
• and syrup of myrtles, one ounce.

If the cough be very trouble-
some, take one spoonful every hour
or every two hours, of a mixture
made up of ballamick syrup, two
ounces; and liquid laudanum, two
scruples.

And if the vomiting be trouble-
some, take three spoonfuls of the
following; viz.

• Take black cherry-water, three
• ounces; mint-water, two ounces;
• cold cinamon-water, one ounce;
• salt of wormwood, half a drachm;
• juice of lemons, half an ounce;
• liquid laudanum, thirty drops;
• fine sugar, as much as suffices.

These are the rules proper to
be observed in the different stages
of an original and acute consump-
tion.

Chronical Consumptions, or *symptomatical* ones of the *chronical* kind, must be treated in a different man-
ner, and like an *ASTHMA*; which see: Though if asthmatical persons
turn consumptive, the above treat-
ment is proper for them.

The *pulmonary consumption*, or
that of the last stage, is often pro-
duced by a scrophulous constitution
or king's-evil. It seldom invades
after thirty years of age; and when
it proceeds from an hereditary
cause, is hardly ever cureable.

There is also a consumption from
an *empyema*, after an inflammation
of the lungs. See *Empyema*.

It is a common mistake that acid
things hurt the lungs. The gas
sulphuris may be given with suc-
cess in any disease of the lungs;
but at some distance from milk.
Vinegar and honey are proper and
detergent; anodyne substances re-
lieve the cough: Gentle exercise by
riding is beneficial. By an extreme-
ly

ly exact regimen, a consumptive person may hold out for years, if the symptoms be not violent. The sweats and diarrhoea attending consumptions are generally fatal symptoms, but must be relieved by proper diet, and a method as before intimated.

The following herbs and plants are deemed cleansing openers for an ulcer of the lungs; viz. Leaves of common and white maiden-hair, or wall-rue, black and golden maiden-hair, liverwort, ladies-mantle, sea-purslain, betony, meadow-daisy, borage, Jerusalem oak, bugle, germander, ground-pine, succory, dandelion, endive, flix-weed, fenel, fumitory, ground-ivy, noble and ground liverwort, lovage, St. John's wort, hyssop, woad, lettuce, hart's-tongue, white hore-hound, devil's-bit, money-wort, rest-harrow, primrose, self-heal, spotted Jerusalem sage, sope-wort, scabious, water-germander, Solomon's-seal, surgeons flix-weed, colts-foot, garden valerian, wild valerian, vervain, male speedwell, periwinkle, goldenrod. Also

Gum armoniack, fenel-giant, juice of all-heal, sarcocolla, mastich, myrrh, olibanum, turpentine.

The following prescriptions have been efficacious in different cases of this wasting distemper.

Gilead Pills, for such as are in Danger of a Consumption, and have an old dry Cough, and Pain in the Side.

TAKE white sugar-candy powdered and searced, two drachms; the cold species of gum tragacanth, one drachm; balsam of Tolu, two scruples; flower of Benjamin, one scruple: bring these to a fine powder; and with balm of Gilead beat it up into pills for twelve doses,

to be given night and morning with a suitable vehicle.

To prevent a Consumption.

SET two new-laid eggs in the embers till they are thorough-warm; but let not the whites be hard: Then make little holes on the top of the eggs, and pour off the whites as soon as you can, and fill up the eggs with red rose-water, and powder'd cinamon and sugar; then warm them again in the embers, and eat them; and you will find them very effectual, often repeated.

Portable Lozenges for an apprehended Consumption.

TAKE fine dragon's blood, (in drops) two scruples; flower of Benjamin, sixteen grains; balm of Gilead, twenty-four grains; fine sugar searced, four ounces; mucilage of gum tragacanth, as much as requisite: make lozenges according to art.

They may be carried always about one, and taken frequently.

Pectoral Pills good in the first Stage of a Consumption.

TAKE powdered elecampane, orris, liquorice, each one scruple; saffron, flower of Benjamin, each half a scruple; white sugar-candy, two scruples: make it up into a mass with balsam of sulphur anisated. The dose half a drachm thrice a day.

A Linctive for a Consumption in its first Stage.

TAKE myrrh well powdered, two drachms; saffron, half a scruple; nutmeg, half a drachm; honey, two ounces: mix.

A Pilsan that will help a consumptive Cough, and give Relief in the first, and even second Stage of a Consumption.

BOIL a gallon of small ale in an earthen pipkin, scum it well, and

and put into it a large handful of sage leaves, a handful of penny-royal, a handful of fenel-roots washed clean, picked, scrubbed and peeled from the pith, with five parsley-roots served in the same manner. Let all these boil together, and when clean scumm'd, add to them three spoonfuls of aniseeds clean picked and a little bruised, three drachms of liquorice clean scrap'd and bruised, half a pound of raisins of the sun stoned, and ten figs quartered each into four parts; boil all these together on a slow fire till almost half be consum'd, then take it off, and let it stand in the same pipkin, and drink of it occasionally.

An excellent Water for hecick, consumptive Washings.

TAKE snails beaten to mash with their shells, three pounds; crum of white bread new bak'd, twelve ounces; nutmeg, six drachms; ground-ivy, six handfuls; whey, three quarts: distil it in a cold still, without burning.

A Tobacco for Catarrhs, and to prevent a Consumption.

TAKE pistachio peels, six drachms; tobacco, two drachms; colts-foot, one ounce; oil of aniseed, eight drops: cut and mix.

An easy Medicine, which, Mr. Boyle says, cur'd a Gentlewoman that had taken much Physick for a consumptive Cough.

TAKE eight, ten, or twelve well-chosen raisins of the sun, and having slit them open, take out the little kernels, and stuff the raisins with the tops or small tender leaves of rue; and let the patient take them, either as they are, or in the form of a bolus, or the like, pretty early in the morning, fasting after them two or three hours at

the least, if they cannot conveniently fast till noon.

To make a very nourishing Aliment, which hath recover'd divers in Consumptions.

TAKE eight or ten cray-fishes, (or, if they be not of the largest size, a dozen) boil them (after the blackest gut or string is taken out) in barley-water, till they become very red; then take them out, and beat them long, shells and all, in a marble or glass mortar, to a soft mash, and in a press strongly squeeze out the juice; which may be given either alone, or mixt with about an equal part of chicken broth, or some such convenient alimental liquor.

A rich Broth for consumptive Cases.

TAKE a capon (pick'd, drawn, and cut into pieces); sheeps-trotters and calves-feet, four of each; shavings of harts-horn and ivory, each half an ounce; yellow sanders, three drachms; dates, twenty; raisins of the sun stoned, four ounces; pearl barley, one ounce; boil these in spring-water one gallon to two quarts; adding, when almost boiled enough, ox-eye flowers dry'd, herbs of colts-foot, maiden-hair, sage of Jerusalem, each one handful; mace, two blades; one nutmeg; Malaga sack, one pint: strain it out. This being digested with little trouble, assimilated without effervescence, easily distributed, and not presently dissipated by the heat of the body, yields a soft, kindly, rorid and glutinous juice, very commodious for sickly, consumptive, wasting cases, in which rich nourishment is required, and yet the stomach is not able to concoct solid food. A large draught may be allowed twice or thrice a day.

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For a Consumption, which has cur'd when given over by Physicians.

TAKE a calf's pluck, wiped clean from the blood; cut it in small pieces; then put it into a cold still, with two gallons of warm milk from the cow; two ounces of nutmegs grated, a quart of Malaga sack, fifty snails purged with salt. This will make four quarts and a pint of water; put a quantity of white sugar-candy into every bottle; take a quarter of a pint of this at four o'clock every afternoon; and when you go to bed, mix it all together in a pan; before you bottle it.

An artificial As's Milk.

TAKE sarsaparilla sliced, two ounces; china sliced, rasped ivory, of each six drachms; saffras chin cut, two drachms; crude antimony, powdered and ty'd in a rag, an ounce and half: boil in two quarts of fair water to one quart; strain, and infuse two drachms of liquorice bruised.

Take a quarter of a pint warm three times a day, with three or four spoonfuls of milk.

For a consumptive Cough.

TAKE tincture of sulphur, free from any thick settlements, three drachms: Give from six drops to ten, at night and early in the morning, in a spoonful of syrup of violets, or the juice of ground-ivy. There is not a more excellent remedy in any cough, that is not attended with a fever.

Another.

TAKE of opobalsiturn, two drachms: Give from six to ten drops in a spoonful of hyssop water, or any other pectoral water.

A Water for a Consumption.

TAKE leaves of ground-ivy, hyssop, penny-royal, of each four handfuls; snails in their shells, half

boiled, two pounds; nutmegs sliced, number six; sifted them small altogether; pour on them a gallon of new milk; and distil in a common still. Give the patient two or three ounces twice or thrice a day; sweeten it with sugar-candy, or with syrup of ground-ivy.

N.B. In the winter, when snails are not to be had, instead of them take the lungs of a lamb.

For a consumptive Cough.

TAKE conserve of red roses, four ounces; spirit of turpentine, two ounces; mix them together, and give a drachm going to bed, and early in the morning.

A Decoction for Consumption.

TAKE china-root cut in slices, an ounce and half; shavings of harts-horn and ivory, of each an ounce; leaves of maiden-hair, two pugils: infuse them all night in boiling water, twelve pounds; in the morning boil it down to six pints, strain it out; this is the first decoction, to be taken to half a pint in a morning, with sugar-candy, candy'd eryago, or asses milk, six spoonfuls.

The second decoction is made by boiling the herbs over again, in eight quarts of water to four, and is good to drink at meals.

A Receipt for a Consumption, which cur'd a Person when given over by Physicians.

TAKE the yolk of a new-laid egg, beat it with three spoonfuls of red rose-water, put to it half a pint of stroakings of red cows-milk sweeten'd with sugar of roses, add a little nutmeg scraped: Take it every morning for a month; fast two hours after.

See Cordial Waters in Distillery; also Syraps, Conserve, Jellies in Confectionary, Part I.

C O S T I V E

C O S T I V E N E S S

IS a troublesome ailment, often producing many disorders; as colicks, head-aches, piles, twisting of the guts, as it is called, fevers, and inflammations of the bowels. The following is a safe and easy remedy for it:

- Take fenel, or mint-water,
- fourteen ounces; Glauber's salt,
- six drachms; syrup of solutive
- roses, four drachms; aqua mira-
- bilis, two drachms. Warm, mix,
- and take at bed-time. Or,

- Take oil of almonds, one ounce;
- syrup of solutive roses, an ounce
- and half; compound piony-wa-
- ter, two drachms. Mix, and take
- a potion at any time, without
- any regimen.

The following is also a good remedy.

- Take fifteen grains of the mass
- of pil-rudii; cream of tartar, five
- grains; syrup of balsam of Tolu,
- what suffices: make four pills,
- and take them going to rest.

The following receipts are also efficacious in this disorder.

An easy and innocent Medicine for Costiveness.

BOIL in as much broth as will serve to fill a large porringer, about half a handful of the leaves of common mallows chopped; and of this broth (being strained) let the patient make the first part of his meal.

An easy Medicine for a great Degree of Costiveness.

TAKE Strasburgh turpentine, an ounce; the yolk of one or two eggs: grind them well together; and put thereto a pint of fat mutton broth, and exhibit it blood-warm.

Another.

TAKE virgin honey, a sufficient quantity; and mix exactly with it as much finely powdered cremor tartari as will suffice to bring it to the consistence of a somewhat soft electuary; of which the patient may take upon the point of a knife the bigness of an almond (more or less) as upon trial you shall see cause.

An easy Remedy for the same.

A Person who had laboured under a Costiveness three weeks, was cured by drinking a large quantity of whey made of goats milk.

Another.

TOAST a slice of bread, and spread on it some salad oil as you do butter; eat it for breakfast in the morning, and in a day or two it will cure.

A Powder to prevent Costiveness, and help Digestion.

TAKE cream of tartar, two drachms; tartar vitriolated, one drachm: mix, and make it into six papers: Take one of them every morning in a mess of water gruel.

See Evacuations, Stomach, &c.

C O R D I A L S,

PROPERLY speaking, are not always what increase the force of the heart; for by increasing that, the animal may be weaken'd, as in inflammatory diseases. Whatever increaseth the natural or animal strength, is a Cordial: these

are broths made of animal substances, milk, ripe fruits, and whatever is endued with a wholesome, but not pungent taste; whatever relaxes the too strict, or strengthens the too lax fibres; what in some cases dispels wind; what excites and

and takes off the sluggish motion of the animal spirits, as spices, wine, and spirituous liquors.

See *Cordials in Distillery*, Part I.
See also *STOMACH*, &c.

C O R N S

ARE very troublesome companions, and generally the attendants of strait shoes, and the idle humour of endeavouring to have little feet. In the cutting of them, in an ill crasis of the blood, mortifications have often ensued, and the most fatal consequences. It will not therefore be thought descending too low, to give the following approved receipts for the cure of them.

A good Remedy for Corns.

TAKE the yeast of beer (not ale) and spreading it upon a linen rag, or other cloth, apply it to the part affected, renewing it once a day.

Another.

TAKE the juice of houseleek, and mix it up with about equal parts of the thick balm or yeast, that sticks to the barrel, or to the clay that stops it. Of these make a kind of plaister, which being

kept upon the toe for a while, and then, if need be, renewed, will make the corn very soft and easy to be drawn out and extirpated.

Another.

THE parts being made soft with bathing, and scrap'd, apply to the corn a plaister of shoemaker's wax; but if the part be very tender, your plaister may consist of equal parts of shoemaker's wax and diapalma melted together, and spread somewhat thin.

Another.

TAKE emplaster of compound, and simple diachylon, of each two ounces; facitious cinnabar: mix, and make a plaister, and apply to the corns after you have cut them close, but not to the quick.

For the same.

TAKE large house leeks, bruise them, and apply to the corns, and it will cure them.

C O U G H S and C O L D S.

COUGHS to some people are of the worst consequence, because their blood is so full of salts, that the least cold that gives them coughs, indangers an inflammation of the lungs: Others whose blood is not so saline, often catch cold, but rest easier under it.

As colds often lay the foundations of the most dangerous diseases, they should always be taken in time; and two or three days lying by in the beginning, will save perhaps many more, besides the hazard of an inflammation of the lungs, fever, &c. which may otherwise be the consequence.

Let therefore the person confine himself a day or two at first taking cold, to a warm regimen, and to dispose himself to sweat, by drinking large quantities of sack-whey, and such like small liquors.

If the patient be attacked with a thirst, a heat, and difficulty of breathing, it will be convenient to lose eight or ten ounces of blood, at first being taken, and then dilute with sack-whey, &c.

If after this a difficulty of breathing continue, and a dry tickling cough, let him drink a decoction of figs, raisins, and barley, in water, and sweeten it plentifully with

E

sugar-

sugar-candy. And if there still seems to be an influx of matter into the lungs, the following medicine may be taken; viz.

Take of the best fena leaves, a drachm and half; cardamum seeds, half a drachm: infuse in water for a night; then strain it out, and take three ounces of the liquor; to which add half an ounce of aqua mirabilis, or strong cinnamon-water; and one ounce of syrup of damask roses. Make up a potion, which take early in a morning, and keeping warm, and drinking water-gruel, or broth, let it work gently off: it will probably operate five or six times, and will greatly help to divert the humours from running to the lungs.

Give also every night at bed-time, half an ounce to an ounce of syrup of white poppies or meconium, which will allay the tickling that is often the occasion of the many violent symptoms that attend such coughs.

In an ordinary cough, where none of the thirst, tickling, difficulty of breathing, or heat occurs, keeping well clothed, and plentifully drinking of small warm liquor at going to bed, generally is sufficient.

Thus much for the general process in a newly taken cold: but as we in this uncertain climate are so liable to disorders of this kind; and as there are so many sorts of coughs and colds, and their effects are so various in different ages, habits and constitutions, we shall subjoin the following recipes from the ablest hands, that our readers may chuse that which they judge most suitable to the cases they have to manage, whether in themselves, their friends, children, or servants.

Directions for managing a Cold in weak Constitutions.

THE cure of a cold must be set about immediately, especially by persons of tender constitutions: The following method the eminent Dr. Cheyne prefers to balsams, pectorals, linctus's, and such-like trumpery, as he calls them, which, as he says, only serve to spoil the stomach, oppress the spirits, and hurt the constitution. He advises then, to lie a-bed much, to drink plentifully of small warm sack-whey, with a few drops of spirit of harts-horn; to drink posset-drinks, water-gruel, or any other warm small liquors; a scruple of Gascoign's powder, morning and night, to live low upon spoon-meats, pudden, and chicken; to drink every thing warm; in a word, treating it at first as a small fever, with gentle diaphoreticks; and afterwards, if any cough or spitting should remain (which this method generally prevents) to soften the breast with a little sugar-candy, and oil of sweet almonds, or a solution of gum armoniac, an ounce to a quart of barley-water, to make the expectoration easy, and going cautiously and well-clothed into the air afterwards.

Another Direction for a Cold.

THE famous Dr. Radcliffe's advice in this case, very much resembles the above of Dr. Cheyne; for he prescribes to mix sack-whey with rosemary boiled in it in a spoon with twenty grains of Gascoign's powder, then to drink half a pint of the whey so made and mixed, with twelve drops of spirits of harts-horn in it; to go to bed, and keep warm; and to do this for two or three nights together.

A good Medicine for a newly taken, though violent Cold.

TAKE about four ounces of spring-water, and in a convenient vessel; put to it three leaves of good colts-foot; and a pugil of maiden-hair; and a stick of liquorice, for bigness and length, like the furthest joint of the little finger: make the water warm, and when 'tis ready to boil, put in the forementioned ingredients, (the liquorice being first slic'd and minc'd) cover the pot well, let it boil for a few walmes, then take it off the fire, and having presently strained it, let the patient drink it hot like tea, he being already in bed: do this three or four nights consecutively, or till there be no more need of the medicine.

An Experienc'd Medicine for Coughs.

BOIL good turnips in water, and having exprest the juice, mix with it as much finely powdered sugar candy as will bring it into a kind of syrup: of which let the patient swallow a little as slowly as he can from time to time.

An approved Medicine for a Cold.

TAKE of Venice-treacle, half a drachm; powder of snake-root, twelve grains; powder of saffron, six grains; volatile salt of harts-horn, four grains; syrup of cloves, a sufficient quantity to make it into a bolus. Take it going to rest, drinking a large draught of warm mountain-whey after it, or of treacle posset, where mountain-whey cannot be afforded. To such constitutions as cannot be provoked to sweat, opening a vein, or a gentle purge, will be of great service.

Another.

BOIL an handful of hore-hound, an handful of unset hyssop, in two quarts of stale beer, until it comes to a quart, then strain it off,

and put in one pound of honey, and boil it, and skum it as long as it rises.

For a whooping Cough.

TAKE dry'd colts-foot leaves, a good handful; cut them small, and boil them in a pint of spring-water, till half a pint is boiled away; then take it off the fire, and when it is almost cold, strain it through a cloth, squeezing the herb as dry as you can, and then throw it away, and dissolve in the liquor an ounce of brown sugar-candy finely powder'd, and give the child (if it be about three or four years old, and so in proportion) one spoonful of it cold or warm, as the season proves, three or four times a day (or oftener, if the fits of coughing come frequently) till well, which will be in two or three days; but it will presently almost abate the fits of coughing.

Virtues of this Medicine.

This herb seems to be a specifick for those sorts of coughs (says the gentleman who kindly communicated it to the world in one of the publick papers) and indeed for all others, in old as well as young; the Latin name *Tussilago*, from *Tussis*, the Cough, says he, denotes as much; as does also the Latin word *Bechium* from the Greek word Βήχιον, a Cough; and are the names given it by the Ancients perhaps some thousand years ago. It has wonderfully eas'd them when nothing else would do it, and greatly helps in shortness of breath: And in the asthma and phthisick, continues he, I have not known any thing exceed it. Likewise in wastings or consumptions of the lungs, it has been found of excellent use, by its smooth, softning, healing qualities, even where there has been spitting of blood, and rawness

ness and soreness of the passages, with hoarseness, &c. in blunting the acrimonious humours, which in such cases are almost continually dripping upon them; it is to be question'd whether for those purposes there is to be had in the whole *materia medica* a medicine so innocent, so safe, and yet so pleasant and effectual, or that can afford relief so soon as this will: grown people may make it stronger than for children. Get the herb of the same years growth and drying, that you use it in, and the larger and fuller grown the leaves, the better. 'Tis best to be made fresh and fresh, as you want it, and not too much at a time, especially in warm weather.

I shall only add, That upon the above remedy being made publick, it was follow'd by several letters in the publick papers, acknowledging the benefit received by it, (and heaping blessings upon the generous communicator of it) as well in cases of grown persons as children. But one of the persons, who wrote that he was sixty years of age, says he doubled the quantity of colts-foot, taking four spoonfuls, as often as the fit came upon him.

An excellent Linctus or Lambative for a Cough.

TAKE fine Venice soap scrap'd thin, two scruples; oil of sweet almonds, syrup of violets, each one ounce: mix. The whole republick of medicine, we are assured by Dr. Fuller, affords not a more effectual thing to lubricate the passages, and render expectoration easy.

For an inveterate Cough, Phthisick, and Ulcer in the Kidnies.

TAKE myrrh, two drachms, or at most half an ounce; grind it with brown sugar-candy, four ounces; dissolve it in hard boiled

whites of eggs, (just as oil of myrrh by deliquium is prepared.)

A Composing Draught for troublesome Nights-Coughs.

TAKE powder'd gum arabick, half a drachm; dissolve it over the fire in scabious and barley cinnamon-water, each one ounce and half; then add mithridate, diascordium, each one scruple; lohoch sanans, one drachm; diacodium, half an ounce, or six drachms: mix.

A Draught for a Rheumy Evening-Cough.

TAKE Colts-foot water, fix ounces; white sugar-candy powder'd, six drachms; the yolks of two eggs: Having beat them up together, and set them over a gentle fire, stir and mix them well, and give it the patient just as he goes to bed.

For a Hoarseness upon a Cold.

TAKE three ounces of hyssop-water, sweeten it with sugar-candy; then beat well into it the yolk of one egg, and drink it as a draught.

Another, which has cur'd a beginning Consumption.

TAKE three pints and a half of spring-water; half a pound of sugar-candy; boil it till it is reduced to a pint and half; put in two handfuls of garlick: take a spoonful every night and morning, till the cure is perfected.

A Linctus for a Cough.

TAKE oil of sweet almonds, two ounces; syrups of marshmallows and maidenhair, of each one ounce: mix, and make a Linctus; of which take one spoonful often, or when the Cough is troublesome.

An Electuary for a Cough.

TAKE conserve of red roses, three ounces; oil of sulphur by descent, what suffices to a grateful acidity;

acidity: mix, and make an electuary; of which take the quantity of a chefnut often, when the cough is troublesome.

Willis's Syrup of Sulphur, for Coughs and Disorders of the Lungs.

TAKE of Sulphur, prepared with salt of tartar, in powder, two ounces; Canary wine, a quart; digest them in balneo Mariæ for twenty-four hours; then take two pounds of white sugar, and a pint of spring-water; boil them together to the consistence of lozenges,

observing to take off the scum as it rises afterwards; pour the wine that is tinctured with the sulphur, gradually thereto, and boil them over the fire, with care to take off the scum; and lastly, strain the syrup, which will be of a beautiful yellow colour: give a spoonful morning and evening.

See *Venice-treacle*, in the article of Opium.

See also CONSUMPTIONS.

See also *Conservees, Syrups, Jellies*, in *Confectionary*, Part I.

The C R A M P

IS a very troublesome disorder, that is often attended with bad consequences. A slight fit in the calf of the leg, is diverted often by stretching out the foot and heel strongly, when coming. For a stronger fit, and attacking other parts, as well as the leg, use the following directions.

A Receipt for the Cramp.

TAKE of the ointment of populeon, two parts; of oil of spike, one part: mix, and anoint and chafe well the part affected.

Another.

TAKE spirit of wine camphorated, compound spirit of la-

vender; oil of sweet almonds, of each half an ounce; sal armoniac oil of amber, of each one drachm: make them into a liniment, and anoint the part affected well with a warm hand.

Another.

TAKE ointment of marshmallows, oil of worms, of each half an ounce; oil of turpentine, two drachms; camphire, two scruples; compound spirit of lavender, two drachms; oil of cloves, six drops: make a liniment, and use as the former.

CRUDITIES.

See *Heartburn*.

CUTANEOUS DISTEMPERS.

OF these there are divers, which we shall treat alphabetically. And,

1. Of the **BLACKNESS** of the skin; which, if contracted by the scorching rays of the sun, is curable by tincture of benzoin, spirit of camphorated wine, or juice of citrons.

The following is an excellent wash:

‘ Take bismuth-flowers, two drachms; the whitest and most sweet-scented oil of pomatum, six drachms; oil of roses, two drops: mix ‘em.’

Some tender persons use such fragrant, cosmetic soaps as the undermention’d:

‘ Take Venice soap, one pound;
‘ bitter almonds, peach-kernels
‘ peel’d, each two ounces; powder
‘ of flourishing iris-root, and root
‘ of wake-robin, each one ounce;
‘ salt of tartar, half an ounce; musk
‘ of ambergris, with spirit of
‘ roses dissolved, each half a scruple;
‘ civet, five grains; a sufficient quantity of essence of
‘ benzoin

'benzoin: mix 'em, and make a
'passe in the nature of soap.'

2. BURNS: For these see the proper article.

3. EPHELIDES are spots of a brown colour, appearing in the forehead, cheeks, neck, or hands, sometimes rough, and as broad as the palm of the hand. Pregnant women are chiefly afflicted with it; and it is known by the other symptoms of child-bearing, and to be treated accordingly.

4. ESSERE, *fora*, or *sare*, is a small breaking-out, very much itching, somewhat hard, inclining to a red, and affecting the whole body at once, like the sting of bees, or pricking of nettles, which takes rise from sharp and choleric humours. The cure must be left to nature, and will be perfected in a short time.

5. An *eating* HERPES is a pustulous inflammation, ulcerous, itching and red: unless prevented, it corrodes the part affected. Cathartics are us'd towards the cure, plates of lead macerated a long time in alum-water, and Rhafis's white ointment of diapompholye, are to be made use of. If the humour will not yield to the milder remedies, apply sublimate arsenic very well beat, mixt with the white ointment. In extremity use the actual cautery.

An HERPES is divided into three sorts:

(1.) A *simple* HERPES consists of single pustles, which are yellow or whitish, and sharp-pointed, inflam'd at the basis; and dry up naturally, after emitting a drop of matter.

(2.) The second is what we vulgarly call a RINGWORM, or TETTER; and comprehends many small pustles in heaps, sometimes appearing like a ring, or round, very painful and itching: it never digests, but

scratch'd, emits a thin humour. The cure is difficult; for when it seems intirely extinguish'd, it commonly appears again at certain seasons. The vulgar remedy is ink; but in obstinate cases, sublimate milk is well approv'd, though to be us'd cautiously for fear of an inflammation. Observe first to make the proper evacuations: afterwards take the mineral purging waters, and this liniment:

'Take ointment of roses, one
'ounce; precipitate mercury, one
'drachm; the *arcantum corallinum*,
'half a drachm; oil of roses, two
'grains: mix 'em.'

The following lotion may be taken:

'Take of common sulphur, shoe-
'maker's-black made red, and roch-
'allum, each one drachm; a suffi-
'cient quantity of the best vinegar:
'macerate, and strain off the liquor
'for a lotion.'

(3.) The third sort is call'd the SHINGLES, and breaks out in several parts of the body, namely, the thighs, loins, breast, neck, &c. A slight inflammation and fever generally go along with it: pustles containing white matter, and small round crusts, like millet-seeds, appear. For fear the pustles should become black, use discutients: snip the larger with scissors, and in order to prevent the cloaths sticking to them, a cerate made of oil and wax is proper.

The following is esteem'd very successful:

'Take of mustard-seed bruis'd,
'one drachm and a half; green
'vitriol dissolv'd in a sufficient
'quantity of plantane-water, two
'scruples: mix 'em.'

A cerate of the *lapis calaminaris*, or diapompholic ointment of tutty, are

are very useful in the declension, as they dry up the pustles.

6. The Itch is a breaking-out of pustles over the whole body, chiefly between the fingers, and about the joints, from a sharp humour, which causes itching, and thence scratching: in some it suddenly disappears; but in others returns at stated seasons. Poor people may use black soap; but presently wash it off for fear of its injuring the skin; or they may take inwardly brimstone in milk. The best approved medicine of the shops is ditch-dock. In young people the cure is easy, but in old persons the distemper becomes obstinate. The following unguent may be used with caution, as it sometimes produces inflammations:

‘ Take as much as you judge proper of the powder of root of black hellebore; a sufficient quantity of lettuce-flowers: mix ‘em, and make an ointment.’

This is painful, but in proper subjects is very effectual towards the cure; tho’ a decoction of the root is perhaps a safer, as well as more cleanly medicine.

Preparations of antimony, decoction of wood, oak, elder-tree, wild borage, and such-like, are well recommended remedies.

Outward applications may consist of saturn, mercury, sulphur, unslack’d lime, camphire, tobacco, litharge, &c. As such, ‘ Take ointment of tobacco, half an ounce; flower of sulphur, two drachms; sweet mercury, one drachm; a sufficient quantity of St. John’s wort: mix ‘em.’

After bleeding, the following medicated drink is very proper:

‘ Take root of oak polypody, and prickly dock, each three ounces; the best sena-leaves, four ounces;

‘ dodder, turbith, and mechoacan, each two ounces; citron sanders, one ounce; coriander-seeds, six drachms: mix ‘em; prepare them according to art, and make a bag for four gallons of beer: after five or six days draw it out, and take twelve ounces every morning for eight or ten days.’

The following liniment is reckoned a very effectual remedy:

‘ Take of crude sulphur, two drachms; of Venice soap, one drachm and a half; prepar’d nitre, half a drachm; golden litharge, two drachms; sweet mercury, one drachm and a half; white unguent camphorated, one ounce; oil of rose wood, four drops: mix ‘em, and make an ointment.’

Take internally ethiops mineral, bezoar mineral, vipers flesh, diaphoretic antimony, tincture of antimony, decoction of wood, gum guaiacum, &c. and outwardly, tho’ with caution, herpetic ointment, mercurial ointment for the itch, and mercurial lotion.

Sulphur is a kind of specific in this disorder, and the chief ingredient in most ointments.

Externally take four ounces of swines-grease; half an ounce of flower of sulphur; half a drachm of powder of ginger; a sufficient quantity of oil of tartar by straining: mix ‘em, and make an ointment, to which a few drops of oil of roses may be added on account of the smell.

Quick-silver is dangerous. But if you desire to avoid the trouble of bathing, which is otherwise convenient, or the offensive scent of ointments, you may cure this distemper by wearing a shirt four or five days, boil’d in spring-water, and powder of sulphur, and dry’d.

7. LENTIGINES are yellowish spots;

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about

about the face, neck and hands, and as big as lentil-seeds: they stick fast to the skin, and are hard to cure, if of long continuance. The proper remedies are, oil of tartar by straining, oil of myrrh by straining, with white of egg prepar'd, virgin's milk, &c.

8. The *LEPROSY of the Arabians* is scarce known in England, and principally afflicts those who thro' necessity live on unwholesome food. It is a red swelling in various parts of the body, attended with ulcers, which on the smallest hurt bleed, tho' with no pain. This disorder may be cur'd by a foetid sweat raised by a decoction of elm, drank with white wine.

9. In the *Leprosy of the Greeks*, or simply, *The Leprosy*, the skin appears sometimes black and blue, sometimes yellowish, and red inclining to black, crusty and scabby, and when confirm'd, spreading over the whole body. The strongest medicines possible will hardly cure this distemper; such as bleeding, medicated whey, expressed juices of succulent plants, chalybeat medicines, decoction of wood, salivation, steel-waters, mercurial cathartics, and the like. Bathing sometimes is prejudicial; but baths or liniments made of tar are the best. Purging waters are serviceable; Tunbridge waters more so, but viperine medicines exceed all others, except in hot constitutions. Washing the body in the sea, and swimming long and often in salt water, is approv'd by the most expert authors. This distemper is sometimes propagated to the fourth generation, and when inveterate, becomes incurable. A decoction of elm-bark, drank with white-wine a long time, is accounted a sure remedy. The following liniment is sometimes ap-

plied: ' Take one ounce of ointment of orange-flowers; one drachm and a half of white precipitate mercury; half a drachm of camphire; one scruple of white vitriol burnt: mix 'em.'

A notable aluminous water is lately discover'd at Shadwell, which is deemed very good in all scrophulous cases.

10. *LIVERSPOTS* are of a dark yellow colour, sometimes almost as broad as the palm of the hand. The skin is somewhat rough, and itches extremely. They chiefly appear on the neck, breast and back. Their cure is the same with that of the *lentigines*.

11. *PHLYCTENÆ* or *PHLYCTENES* are small blisters, hot and itching, containing a clear matter. The remedies to be us'd towards the cure are the same with those for other eruptions of the skin.

12. *SIRONES* are pustles breaking out in the summer-time in the palm of the hand, and sole of the foot, attended with itching, which takes rise from small worms, that may be taken out by a needle, and kill'd by mercurial ointments and lotions.

13. *St. ANTONY'S FIRE* seizes persons in open places, which is vulgarly called *being planet-struck*; and consists in a small swelling, accompanied with great heat, pain, and redness, and many small pustles, which in the height of the disorder turn into little blisters, that spread wider and wider, together with a fever. In this disorder use bleeding, next day a gentle purge, and at night a pargoric. In some cases it is necessary to bleed two or three times. Outwardly take a discussing fomentation, and this mixture: ' Take half a pint of spirit of wine; two ounces of Andromachus's treacle; two drachms of powder of

‘ of long-pepper and clove-gilliflower: mix ‘em, and apply cap-paper, well moistened with the mixture, to the place.’

A plaister of cow’s-dung is good in order to ease pain. You may use also, as a *mixture*, oil of elder, and lime-water, with a little spirit of wine camphorated. As a *salve*, you may take ‘ one drachm of Rhafis’s white trochisk; one scruple of camphire; one ounce of spirit of wine; 1x ounces of elder-water: mix ‘em: wet linen-cloths with this, to be applied warm, and repeated as soon as dry.’

If the disease be symptomatic, use the following liniment:

‘ Take an equal quantity of oil of elder, and thin lye: mix and shake ‘em together a long time in a phial, till they become an ointment.’

There is another sort of St. Anthony’s fire, which generally succeeds a surfeit, or a too-great indulgence in spirituous liquors. It begins with a small fever, and a breaking out of pustles over the whole body, appearing like nettle-stings, and sometimes rising to bladders; which depart with an almost insufferable itching, and upon scratching re-appear. This is to be treated as the former.

The following fomentation and ointment are prescribed by the famous *Sydenham* in an Erysipelas.

‘ Take roots of marshmallows and lillies, of each one ounce; leaves of mallows, elder, and base mullein, flowers of chamomile and melilot, tops of St. John’s-wort and lesser centaury, of each one handful; linseed, fenugreek-seed, of each half an ounce: boil them in a convenient quantity of

‘ water to three pints; strain it.’ And when you use it, add to every pint two ounces of spirit of wine; dip woollen cloths therein, and squeeze them; apply them hot, twice every day, and then anoint the part with the following ointment:

‘ Take half a pint of spirit of wine; Venice-treacle, two ounces; powder of long-pepper and cloves, of each two drachms: make an ointment, and dip a piece of brown paper in it, and put it to the part affected.’

The following poultice is also well recommended:

‘ Take the green leaves of elder, four ounces: boil in milk very soft; then strain out and beat them to marsh: add ointment of elder-flowers, two ounces; ointment of poplar-buds, one ounce; camphire in fine powder, one drachm: make a poultice.’

The famous Mr. *Boyle* says, that the blood of almost any living creature is found to be a specifick in this disorder, often anointing the affected part with it, or laying moist on it, a cloth dipt in blood.

14. VARI are hard tumours, small; at bottom red, at top whitish, appearing in the neck and face, and about the size of a hemp-seed. When very red, they are somewhat difficult to cure; and if the redness remains after the removal of the pustles, with an hoarseness and inflammation, a leprosy will probably succeed. They may be cur’d by sugar of saturn, essence of benzoin camphorated, virgin’s milk, and the like.

We shall add to this article the following approved receipts for those two troublesome distempers the itch and leprosy.

A safe Ointment for the Itch.

TAKE hogs lard, two ounces; oil of sweet almonds, brimstone, of each one ounce; white hellebore, half an ounce; salt-petre, race-ginger, of each a drachm and a half; essence of lemons, one scruple: mix them together, and make a liniment, with which anoint the parts affected well every night with a warm hand.

A Decoction against the Itch.

TAKE fumitory, ragwort, of each one handful; liquorice, one ounce; quick-silver, four ounces: boil them in two pints and a half of water to two pints; strain it out and sweeten it, and give the patient four ounces twice a day. You may take the quick-silver out without any sensible diminution or alteration, and use it again.

A Powder for the Itch.

TAKE Ethiops mineral prepared without fire, half a pound; crude antimony, one pound: make them into a fine powder, and take half a drachm three times a day, with a draught of the following water:

Take the shavings of sassafras cleared from the bark, two ounces; guaiacum with the bark, one ounce; liquorice-root, three ounces; coriander-seeds bruised, six drachms: infuse them cold in one gallon of lime-water. This is an excellent medicine, and of great efficacy in all foulnesses of the skin, as scabs, itch, leprosy, herpes, &c.

An Ointment for the Itch.

TAKE hogs lard, four pounds; flours of sulphur and brimstone, of each half a pound; cloves powder'd, four ounces: mix all together into an ointment, and anoint the patient morning and night. The patient must wear the same linen all the time of cure.

A very extraordinary Ointment for an old and dry Itch.

TAKE turpentine wash'd in rose-water, three ounces; oil of roses, six drachms; the juice of three oranges; the yolks of three eggs: make an ointment. It may justly be styled wonderful, because it expels the itch by urine, causing the patient to make black urine every morning.

For a Scald Head.

TAKE emplaster mercurial, the plaister of hemlock, with ammoniac, of each alike; oil of sweet almonds, a sufficient quantity to make a cerate: apply it over the head.

For the Leprosy.

TAKE conserve of the roots of sharp-pointed dock, six ounces; crabs eyes, coral prepared, of each two drachms; ivory, a drachm; powder of lignum aloes, yellow sanders, of each a drachm and a half; sal prunellæ, two drachms; vitriol of steel, a drachm and a half; syrup of the juice of wood sorrel, what suffices: make them into an electuary. Give two drachms evening and morning early every day.

For the same.

TAKE the leaves of great house-leek, two handfuls: bruise them and boil them in two pints and a half of fresh milk, till it turn to curds and whey; strain it, and drink of the clear liquor a pint, twice a day.

For the same.

TAKE the inner bark of elm-tree new gather'd, four ounces; spring-water, three pints: boil away one half to the red strain'd liquor: add syrup of raspberries, and syrup of mulberries, of each one ounce and a half: mix them together; being taken with two scruples of powder of vipers morning and night,

is a specifick for a leprosy and elephantiasis.

An Ointment for the Leprosy.

TAKE of the itch ointment, (mention'd in the preceding page) one pound; one ounce of oil of sulphur: mix them together; it is very sharp, and will scour off the crusts that deform the skin.

Mr. Boyle communicates the two following remedies for the itch.

An experienced Liquor to cure the Itch in the Hands or Face, without Mercury or Sulphur.

SHRED small, a handful of elecampane-roots, and as much of sharp-pointed dock, and boil them in two quarts of spring-water to a pint; then strain, and let the patient wash the parts affected with the liquor once or twice a day, but not oftner.

An experienc'd Wash, which quickly cures the Itch.

PUT a pound of strong quick lime to a gallon of spring-water, and after some hours, pour off the clearer; filtre the rest, and hang in the liquor two ounces of quicksilver ty'd up in a linen-bag, and boil it for half an hour, or more; then pour off the liquor again, and wash the hands with it twice or thrice a day at most.

The following is also well recommended.

For the Itch.

TAKE lac sulphuris, one scruple; lapis contrayex, and red coral prepared, each ten grains: mingle; make a powder. This quantity is to be taken every night in wine-whey, and every morning in milk-water, ten days and nights. When the patient has taken it five days, let him begin to use the following ointment:

Take an ounce of flour of brimstone; half an ounce of fresh powder'd ginger: work it into as much soft soap as will make it into an ointment: anoint the patient, going to bed, by a fire, the other five nights, on every part affected but the stomach, wearing the same linen five days after. When perfectly well, purge, and not before.

An external Remedy almost specifick, says Mr. Boyle, for the Leprosy.

TAKE pomatum, one ounce; flour of sulphur, one drachm; sal prunellæ, half an ounce: and having mixt them very well together, from time to time anoint the part affected therewith, as long as there is need.

D E A F N E S S.

THE following remedy is recommended on experience, as an excellent cure for deafness:

' Take black wool from a sheep;
' pick the hairs well out of it, dip
' it in tar, squeeze the tar out once
' or twice; then put it into the

' ears: when it dries, renew it:
' beware of catching cold.'

For farther directions on this head, see the article *Ear*.

D E C O C T I O N.

See *Herbs, Infusion, &c.*

D I A B E T E S.

THE most common cause of this distemper, is the too

great use of spirituous liquors. The cure consists in diluting with watry liquids,

liquids, especially those impregnated with a lixivial salt, as lime-water, &c. and in withdrawing the cause.

The patient ought not to lie on the back, should forbear motion, as much as possible; and flanel should be worn next the skin, in order to promote a free breathing thro' it. The following medicines, steadily taken, will relieve this ailment, if curable; for all outward remedies are ineffectual; viz.

• Take rhubarb slic'd, one drachm;
• mint water, three ounces; cinamon-water, half an ounce: infuse them all night over the embers;
• strain them, and add solutive syrup of roses, one ounce. Let this gentle purging potion be taken in a morning; repeat it for once or twice at a day's distance.

• Take plantane-water, two ounces; cinamon-water, half an ounce; syrup of white poppies, one ounce; powder of Japan-earth, half a scruple: mix, and make a draught to be taken at bed-time after the potion, each time.

• Take Japan earth in powder, half a drachm; dragon's blood in powder, two drachms; powder of red coral, one drachm; conserve of sloes, half an ounce; of red roses, half an ounce; syrup of dry'd roses, as much as will make an electuary: of which take the bigness of a large chestnut thrice a day, drinking above it a draught of Bristol-water.

Bristol-water is deemed in a manner a specifick for this distemper.

We shall add the following recipe's, which have in different cases been try'd with good success.

A good Medicine for the beginning of a Diabetes.

CUT off the necks of well blown sheeps bladders, of the remain-

ing membranes put up, pretty well stor'd one over another, into a cover'd pot; where being dry'd gently, and yet sufficiently, in a baker's oven, take them out, and pulverise them well. The dose is as much as will lie upon a large groat, or small sixpence.

An useful Powder for the same.

TAKE root of the male-piony, yellow amber, red coral, and choice gum arabick, of each a sufficient quantity: reduce them to fine powder, mix them well, and let the patient take of this mixture from ten to twenty grains, twice a day.

An Infusion for a Diabetes.

TAKE nettle roots fresh gather'd, four ounces; of the herb, two ounces; of the seeds, with those of daucus, anise, cummine, of each half an ounce; lime-water, two quarts: set them in a warm oven to infuse (close stopped) twelve hours; decant the clear liquor, and in twenty-eight ounces of it dissolve gum arabick, two ounces; crude alum, thirty-two grains; diacodium, four ounces: take four ounces for a dose; it is almost infallible in a Diabetes, bloody urine or ulcers in the urinary passages. Repeat it as often as the symptoms are urgent.

A Lime-water for the Diabetes.

TAKE a pound of quick lime, put it into a gallon of warm-water, stirring it very well; let it stand twelve hours to settle; then strain it, and put to it of saffrafras, cut into very thin slices, four ounces; liquorice sliced, aniseed bruised, of each two ounces; raisins stoned, four ounces: let them stand two days, strain it, and keep it for use. Take a draught every morning, noon, and night.

An

An experienc'd Remedy for the Diabetes.

TAKE roses, burnt ivory, of each a drachm and a halt; seeds of purslain, coriander, fanders, barberies, of each two drachms; camphire, half a drachm: mix them with the juice of pomegranates: make them into little balls, each weighing a drachm. Take one of them morning and evening mixt with cold water and syrup of roses.

Dr. Jurin's Cure for a Diabetes.

DR. Jurin prescribes twenty or thirty drops of Mynsick's elixir of vitriol, to be put into a bottle of Islington chalybeat-waters, before it is filled, which, he says, will keep the waters good three or four days, for the use of such persons as cannot drink them at the well. Among the diseases in which the chalybeat waters thus acidulated, are highly beneficial, I cannot, says the Doctor, for publick good, forbear mentioning, that obstinate distemper the *Diabetes*, in which they succeed to admiration, when

used for common drink to about three pints or two quarts a day. They take off the thirst, abate the feverish heat, and after a few days the urine begins to return to its natural quantity, smell, and taste, tho' for two or three days, upon first drinking them, the quantity will something increase, as might naturally be expected from so diuretick a liquor before its astringency has begun to take place. But before the patient enters upon this course, he ought to be gently purged with *Epsom* or *Stresham* water, with the addition of *manna* and *sal mirabile Glauberi*, two or three times at such intervals as his weakness may require.

See *Stone*, &c.

DIAPHRAGM.

See *Faundice*, *Ulcers*.

DIARRHOEA.

See *Conserve* in *Confectionary*; also *Fluxes*, *Fevers*, &c.

DIASCORDIUM.

See *Opium*.

D I E T.

An Account of the Qualities of Animals proper for Food.

Animal substances are more easily assimilated into animal substances; and therefore it seems probable, that they are more nourishing to human bodies, than vegetable.

The nature of animal food must depend upon the nature, age, diet, and other circumstances of the animal we feed upon.

Animal juices, as well as vegetable, are in their greatest perfection, when the animal is full-grown: young animals participate of the nature of their tender aliment, as sucklings of milk.

Animal nourishment differs con-

siderably, as the animal is terrestrial, amphibious, or aquatic.

Fishes contain more of animal salts and oil; for they corrupt sooner than terrestrial animals. Some fishes, as the thornback, when dry'd, taste of sal ammoniac. The muscular fibres of fishes are generally more small and tender, than those of terrestrial animals, and their whole substance more watry. Some fishes, as whiteings, can be almost intirely dissolv'd into water. From which qualities a diet of some fish is more rich and alkalescent, than that of flesh. The oils with which fishes abound, often turn rancid, and lie heavy upon the stomach, and affect the very sweat with a rancid smell; which is found to

to be true in some places, where the inhabitants live intirely upon fish. Notwithstanding the redundant oil in fishes, they do not increase fat so much as flesh, by reason of their watry quality.

Water fowl abound with the same rancid oil as fish. Fish, being highly alkalescent, want to be qualify'd by salt and vinegar.

The difference of the qualities of the flesh of the same species depends upon the manner of living of the animal.

Abstracting from other considerations, the most healthful animal affords the best aliment, and the castrated than those that are not so.

An animal that feeds itself, takes the most proper food in the properest quantities (if it has plenty enough) has better air, and more exercise; all which contribute to make the animal more healthy. For these reasons *Hippocrates* commends the flesh of the wild sow above the tame.

The flesh of the same species differs very much, as the animal lives in marshes or mountains. The wild kinds of animals, having more exercise, have their juices more elaborated and exalted; but for the same reason the fibres are often harder, especially when old. For this reason perhaps the roe-buck is the finest of the venison kind.

This rule, in some measure, holds true with fishes. Sea-fish, living in an element more agitated, and river-fish, are better than those in ponds. Eels, for want of exercise, are fat and slimy.

As the fibres of fat animals are often more tender and moist, than those of lean, they are more coveted by mankind; and tame fowls, offering themselves, as it were, to

mankind, seem to be their natural food.

The juices of the same animal in decoctions are often more nourishing when the solid parts are not so good, and the broth made of grown animals more nourishing than that of young; for of the parts of the same animal, the muscular flesh with the nervous parts afford the best nourishment, as containing the most spirituous parts. The difference of the muscular flesh, taken in substance, depends upon the hardness, tenderness, moisture, or dryness of the fibres.

The several parts of the same animal differ likewise in their qualities: their livers are tender, and by the juice which they contain, are easily corruptible. All the parts, and especially the glands, partake of the qualities and juices which they prepare: the intestines, and parts about the mesentery, are relaxing: the bones and horns contain a great deal of volatile salt: the feet, consisting of tendons and ligaments, contain a viscous nourishment proper where such is indicated. The blood of animals contains salts which make it laxative; it is not easy of digestion. Stall-fed oxen, and cramm'd fowls, are often diseased in their livers.

What to be chiefly regarded in Preparations by Cookery.

Preparations by cookery of fish or flesh ought to be made with regard to rectifying their most noxious and slimy substances, and to retain the most nutritious. Such preparations as retain the oil or fat, are most heavy to the stomach, which makes bak'd meat hard of digestion. Boil'd flesh is more moistening, and easier of digestion, than roasted.

of

Of pectoral Diet.

There are as many good pectorals of the alimentary, as of the medicinal kind; as all preparations of barley, oats, honey; all saponaceous substances, which attenuate phlegm.

Lenitive Diet.

There is aliment lenitive, expelling the fœces without stimulating the bowels; such are animal oils quite fresh (for by standing they grow acrid) as cream, butter, marrow, broths made of the parts of animals about the mesentery, oils express'd from ripe fruits, (from unripe they are austere and astringent) the juices of mild and ripe fruits, decoctions of farinaceous vegetables; natural soaps, as honey, sugar, such diet is proper for the hot constitutions of warm countries, where strong perspiration exhales the moisture. Water, milk, whey, taken in the open air without much exercise, so as to make them perspire, relax the belly.

Stimulating Diet.

There are aliments which stimulate in a small degree. Jellies made of the solid parts of animals, as of their horns, stimulate by the salts that are in them; salted flesh, which often throws slops crews into fluxes, shell-fishes, which have a saline taste; garden fruits, which have any acrimony; most sorts of berries, some of which will produce diarrhoea's. Warm water mixt with honey, and honey mixt with acids, dissolve phlegm in the bowels. There are others which promote the secretion of bile, such as all natural soaps, the juices of fruits sharp and sweet, especially grapes, the immoderate use of which will produce a cholera morbus, or overflowing of the gall.

A frequent and wise use of low diets and evacuants, as well by bleeding as purging, is, says Lord Bacon,

a great means of long life, as these, in some measure, restore by fresh blood and spirits, a kind of youth in the human species. *Aristotle*, he says, excellently observes, that the reason why some plants have longer life than men, is, because they yearly put forth new leaves and boughs; whereas living creatures, after they have done growing, put forth nothing but hair and nails, which are excrements, and no parts: and young boughs and leaves calling up the sap to them, the body receives some nourishment in its passage, and a kind of renovation to the whole plant is thereby effected. There are parts in animals hard, and others easy, to be refresh'd and repair'd: Those easily reparable, are the blood, spirits, and flesh; those difficultly to be repair'd, are the bones, nerves, and membranes, and likewise some entrails. You must therefore refresh and renew those that are easy to nourish, that the others may be refresh'd, and, as it were, drink in nourishment in the passage. One means to do this, is by gentle friction. See *Exercise*.

Dr. *Cheyne* gives the following general rules on this head.

1. He says, That the great rule of eating and drinking, for health, is to adjust the quality and quantity of our food to our digestive powers. The quality may be judged by the following rules:

2. Those substances that consist of the grossest parts are hardest of digestion; the constituent particles coming into more contacts, and consequently adhering more firmly.

3. These substances whose parts are brought together with the greatest force, cohere proportionally closer than those that come together with a smaller force.

4. Salts are very hard to be separated.

parated, because united by plain surfaces, under which they are always comprehended. And in the last stages of the circulation, where it is slower, shoot readily into larger clusters, and so are harder to be driven out of the habit. From these we may easily infer, that 1. those vegetables and animals that come soonest to their full growth, are easier of digestion, than those that are longer of attaining the state of maturity. 2. Those that are the smallest of their kind, than the biggest. 3. Those of a dry, fleshy, and fibrous substance, than the oily, fat, and glutinous. 4. Those of a white substance, than those of a more flaming colour. 5. Those of a mild, soft and sweet, than those of a strong, poignant, aromatical, or hot taste. 6. Land-animals, than sea-animals. 7. Those animals that live on vegetables, or other light food, than those that live on other animals, or hard and heavy food. 8. The nourishment nature has appointed for young animals is lighter than the flesh of these animals themselves.

5. All cramm'd poultry and stall-fed cattle, and even vegetables forced by hot beds, tend more to putrefaction, and consequently are more unfit for human food, than those brought up in the natural manner.

6. Plain-dressed food is easier of digestion than what is pickled, salted, baked, smoaked, or any-way high seasoned.

7. Strong men, those of large stature and much labour, and the inhabitants of a cold and clear air, require more food than women, children, the weak, the sedentary, and the aged, and those that live in a warmer climate, or grosser air.

8. Nothing conduces more to

health and long life, than abstinence and plain food, with due labour.

9 Where exercise is wanting (as in studious persons) there is the greater need of abstinence; for these, eight ounces of animal, and twelve of vegetable food, in twenty-four hours, is sufficient.

10. Most chronical diseases proceed from repletion; as appears from their being cured by evacuation.

11. Tender persons ought to use as much abstinence, as they possibly can: and if they neglect it, their only relief is from frequent stomachick, and family purges.

12. A plain rule for judging of the quantity is, not to eat so much as indisposes for business.

13. A more sensible and readier one is, first by experience to find out how much fits one, so as to be lightsome and healthy under it, and ever after to judge the quantity by the eye; nature requiring therein no mathematical exactness.

14. Pork and fish are not fit food for the studious and the tender.

15. Water is the most natural and wholesome of all drinks, quickens the appetite, and strengthens the digestion most.

16. Strong and spirituous liquors freely indulged, become a certain, tho' a slow poison.

17. There is no danger in leaving them off all at once; the plea for continuing them being false and groundless.

18. The best strong liquor for weak and studious people is wine; the best quantity a pint in twenty-four hours, and the best way of drinking it is, three glasses with and three without water.

19. The middling, light wines, fully ripe, and of a due age, are preferable to the strong wines.

20. Strong liquors do not prevent the mischiefs of a surfeit, nor carry it off, so safely as water, tho' they seem to give present relief.

21. The frequent use of spirits in drams and cordials, is so far from curing low-spiritedness, that it increases it, and brings on more fatal disorders.

22. And even when they are diluted with water, in punch, the quantity taken down at once, and the addition of a corroding acid, produce equally pernicious effects in human constitutions.

23. Malt liquors (excepting clear small beer of a due age) are extremely hurtful to tender and studious persons.

24. Coffee is only an infusion of a kind of calx, and has the effects of an absorbent medicine; and so may be of some service to watry stomachs, if moderately used.

25. Green tea is a good diluter of the food, as it is an agreeable, warm, small liquor: but bohea is too heavy for the stomach.

26. Chocolate (as all nuts else) is so heavy and hard of digestion, that it can never be fit for the stomachs of weak and tender people.

27. Smoaking tobacco without drinking after it, chewing, or snuffing the gross-cut leaf in a morning, are useful to phlegmatic constitutions; but to dry and lean habits they are pernicious. Snuff is just good for nothing at all.

28. The proper quantity of watry liquors in twenty four hours to those that live regularly, is two pints, (as that of strong liquor is one pint) which is best drank warm, and rather after than in the time of eating.

Lord Bacon says, the use of wine is to be determin'd by the constitution. In dry and consumptive bo-

dies it is hurtful, because the spirits of the wine prey upon the radical moisture, and so deprive the animal spirits. But it does good, moderately used, in moist and full habits, because it helps to digest and dry up the superfluous moisture.

Suppers, especially of animal food, ought generally to be avoided by all sorts of persons, who would have quiet rest, a clean mouth, an easy stomach, and a clear head.

The Absurdity of general Rules about Diet, without regard to particular Constitutions.

After all, a very learned physician very properly observes, That the common distinction of diet into vegetable with water, and animal with fermented liquors, is not complete: 1. Because there is not one constitution which can be limited by such a distinction; nor can perhaps the same person, in different circumstances, be confin'd to one or the other. 2. Because there is not a general alimentary quality in which all vegetables agree: they are useful or hurtful according to different constitutions. There may be a stronger broth made of vegetables, than any gravy-soup. As flesh diet is generally alcalescent, and many vegetables are acid and cooling, people of hot bilious constitutions find themselves extremely well in a vegetable diet and water; and the same persons, perhaps, had enjoy'd their health as well with a mixture of animal diet qualify'd with a sufficient quantity of bread, vinegar, and fermented liquors.

See Aliment, Digestion, Mastication, Perspiration, &c.

DIGESTION.

SUCH as have, by the use of spirituous liquors, weaken'd and destroy'd some of the solid parts of the stomach, can neither recover a good appetite, nor right digestion. When the action of the stomach is totally stopt by too great repletion, relaxing, as by warm water, is the only expedient.

The gall is the principal dissolvent of the aliment; and when it is defective, there can be no right digestion: such are reliev'd by bitters, which are a sort of subsidiary gall. The learned *Boerhaave* has found the gall of an eel, which is most intensely bitter, a most effectual remedy in such cases.

Acrimony or sharpness, and tenacity or glewiness, are the two qualities in what we take inwardly, most to be avoided.

Diarrhoeas and strong purgations

must spoil the first digestion. Defects of the first concoction are not to be mended in the second.

The following is a good bitter wine for strengthening the digestion.

Take of gentian-root, the yellow part of fresh orange-peel, each six drachms; cinamon, nutmegs, the lesser cardamums, each a drachm; cloves, saffron, cochineal, each a scruple; white-wine, two pints and a half: let them stand together for three days in a cold infusion; then strain off the wine, without pressing the ingredients.

See *Aliment, Diet, Mastication, Stomach, &c.*

DIURETICKS.

See *Evacuation, Stone, Urine.*

DRINK.

See *Diet, &c.*

DROPSY, TYMPANY, ASCITES, ANASARCA, &c.

THERE are several species of this disease which are denominated from the part of the body in which it is seated.

1. There is an *Hydrocephalus*, or *Dropsy of the Head*, which is only incurable when the serum is extravasated into the ventricles of the brain, and generally fatal in infants, when the sutures are clos'd, and the skull will give way no more.

2. A *Dropsy of the Breast*, which is attended with almost the same symptoms (see *Consumption*, p. 57.) as an *Empyema*, and cur'd by the same chirurgery.

3. A *Dropsy of the Lungs*, either by hydatides, or by lymph, extravasated in the body of the lungs.

4. A *Dropsy in the Forepart of the*

windpipe, in some measure like a bronchocele.

5. A dropsy in the ovarium, Testes, Scrotum, or Uterus.

6. An *Ascites*, or collection of water in the abdomen. 1. In the duplicature of the peritonæum. 2. Between the peritonæum and the bowels. 3. When the water is contained in the membranaceous coat of the glands.

7. Sometimes the air is so rarefy'd in the tumour as makes it hard and tight like a drum; and from thence it is call'd a *Tympany*.

8. When the lymph stagnates, or is extravasated under the skin, it is called an *Anasarca*.

Whatever hinders the return of the lymph into the veins, or breaks the

the lymphatick vessels, or obstructs the absorbent vessels, so as the lymph cannot be absorb'd or exhal'd, produceth a dropsy: Any stoppage of the circulation will produce a dropsy, as by strong ligature, or compression.

The most common of these causes are an hereditary disposition; swelling down great quantities of cold watery liquors, which are not voided; violent acute distempers; stubborn obstructions of the viscera; the jaundice, obstinate intermitting fevers, bloody-fluxes; great evacuations, especially of blood; aliment viscous and of hard digestion; inveterate scurvies; but the most common of all is the habitual and copious use of fermented and spirituous liquors.

The effects are a swelling of the legs at night by degrees, still ascending higher; a swelling of the belly increasing; and in a *Tympany* sounding and tense like a drum; sometimes the sensation and noise of fluctuating water, shortness of breath, thirst, urine in too small quantity, no sweat: the stagnating serum at last turning acrimonious, exulcerates and putrefies the bowels, producing most dismal symptoms.

The best cautions and rules to be observed in these several species of this distemper, may be taken from the enumeration of these causes and effects.

The intentions to be pursued are, removing the causes, as obstructions, dissolving the viscosity or tenacity of the lymph, and evacuating it out of the body.

The viscosity of the lymph is best corrected by such substances as contain abundance of alkaline and volatile salts, spices, acrimonious pungent vegetables, and saponaceous substances.

The only contradiction to this is too great heat and thirst, to which regard is to be had, and do indicate the use of acids, juice of lemons, oranges, sorrel, &c. particularly if the urine be high-coloured.

The drink should be sparing; but as the thirst is sometimes intolerable, the patient may be indulg'd the free use of spaw-water and rhenish wine.

The aliment should be dry, and diuretick. Diureticks of the acid kind are the safest.

The chirurgical operations for drawing off the waters are to be left to the judgment of the physician.

Nothing is more beneficial than strong frictions of the skin, which attenuate and promote the circulation of the stagnating serum.

Vomiting, in strong constitutions, has prov'd often very effectual; for the concussion of the solid parts dissolves and dispels the stagnating humours; and even clysters of proper ingredients are very beneficial.

Violent purges, by dissolving the blood, have prov'd often pernicious.

Many have been cur'd by abstinence from drink, eating dry biscuit, which creates no thirst, and strong frictions four or five times a day.

When the extravasated serum is evacuated, the diet ought to be such as strengthens the solid parts, allowing spices and generous wine, and especially the use of chalybeat waters, abstinence from other sorts of liquids, dry food and astringent vegetables, exercise, especially riding; and in general, such a diet as generates good blood.

If the serum stagnates long, it turns acrimonious, and commonly renders the patient feverish and thirsty. Sour things are the pro-

perest both to prevent and cure these symptoms.

The following medicine has prov'd effectual in the utmost extremity :

‘ Take twelve grains of the drops
‘ of gum-galbanum ; one drop of
‘ oil of cinamon ; a sufficient quan-
‘ tity of conserve of red roses : mix
‘ ‘em, and make a bolus.’

You may increase the dose, if necessary, to twenty grains.

Jalap is accounted a most powerful dispeller of the water.

To provoke urine, ‘ Take one
‘ spoonful of Emmets eggs boil’d in
‘ buttermilk : press ‘em out ; and
‘ having sweeten’d with some sugar,
‘ take it in the morning, walking
‘ four hours after it before dinner,
‘ for eight days successively.’

Sweet mercury, without prejudice to the body, reaches the cause of the distemper, and, if possible, destroys it at once, when given in a proper quantity.

If a spitting succeeds, it may be remov’d, by adding a strong purge ; tho’ a spitting in a dropfy is often serviceable, but always troublesome. All salts provoke urine, but nitre most of all ; which is useful both on that account, and because it quenches thirst.

In very dangerous symptoms purge but seldom ; chiefly in the wain of the moon.

Sweating in this distemper is rather mischievous than beneficial.

Bark of elder, and of dwarf-elder, iris-root, resin, jalap, gum gutteta, are purging remedies ; but principally colocintida and elaterium.

The chief minerals, are lunar pills, mercurials, and the like ; always remembering to give stomachicks (as wormwood, horehound, &c.) between the purges ; garlick-root, and juniper-berries, are likewise good ; but half a drachm of the

juice of the herb kali, given three days a week, twice a day, in a glass of wine, is to be preferr’d ; and one scruple or more of toad-ashes may be taken in the same manner.

Rhubarb steep’d in wormwood-water distill’d, is a great strengthener of the bowels when the distemper is dried up.

In a desperate state of this disease, when the patient is troubled with a difficulty of making water, ‘ Take
‘ six ounces of lemon-juice fresh-
‘ squeez’d ; four drachms of juice
‘ of garden-scurvygrass ; juice of
‘ liverwort and of plantain, with
‘ syrup of violets, each two ounces :
‘ mix ‘em, and give four ounces
‘ every three hours, till the urine is
‘ plentifully discharg’d ; after
‘ which, by due application of such
‘ medicines as are proper to dispe-
‘ the water the swelling of the belly
‘ will depart, and the patient if possi-
‘ ble, be perfectly recover’d.

Elaterium, which loosens the body without hurting the stomach, may be given after the following manner :

‘ Take ten grains of the best ela-
‘ terium ; one scruple of mineral
‘ salt ; a sufficient quantity of quid-
‘ dany : mix ‘em, and make a bolus.’

Sometimes a resolute abstinence from all kinds of drink, as we have observ’d above, will effect a cure ; tho’ to quench thirst, it may be convenient to hold a bit of toast, dipt in brandy, on the tongue ; which will draw out the spittle, and put a stop to the distemper.

The following receipts have been well experienc’d in different stages of this disease.

For a dropsical Complaint.

PUT two ounces of fresh mustard-seed in a quart of the best mountain wine, and take a gill every morning fasting. When ‘tis too hot,

hot, or too strong, put in fresh wine.

A Drink proper for a beginning Dropfy.

TAKE horse-radish roots; leaves of garden scurvy-grass; common wormwood and sage; the tops of lesser centaury and broom: infuse them in strong ale for common drink. It will cure the dropfy, without any purging medicines, if used in the beginning.

For a Dropfy.

TAKE green-plantain leaves, four handfuls; liverwort, brooklime, of each two handfuls: bruise them in a mortar; and add compound horse-radish water, half a pint; and press it thro' a flanel bag. This was a common prescription with the ingenious Dr. Willis, who not only cured, but prevented persons from the dropfy, by giving half a pint of it every morning fasting for a month.

A Cataplasm for the Dropfy.

TAKE fresh cow-dung, one pound; white briony-root, fresh gathered, half a pound; bay-berries powder'd, four ounces; cumin-seed, and flowers of brimstone, of each two ounces; hogs lard, three ounces: make a poultice, with a sufficient quantity of strong lees.

A Purge for a Dropfy.

TAKE the lesser pill of cochiaz, one scruple; gamboge, salt of tartar, of each half a scruple; oil of amber, two drops; with a little Venice turpentine: make five pills for a dose.

Excellent Pills for the Dropfy.

TAKE gambogia, gum ammoniacum, of each a drachm and a half; diagridium and tartar vitriolate, a drachm; with syrup of buckthorn: make a mass for pills. Dose from fifteen grains to half a drachm.

Another well-experienced Remedy.

GIVE about half a drachm, or two scruples, for a dose, of yellow transparent amber, twice or thrice a day in any convenient vehicle.

A well-attested Cure for the Dropfy.

TAKE sixteen large nutmegs; eleven spoonfuls of broom-ashes dried and burnt in an oven; an ounce and half of mustard-seed bruised; an handful of horse-radish scraped; all to be put in a gallon of strong mountain wine, and stand three or four days: then a jill or half a pint to be drank fasting every morning; and to fast an hour or two after it.

A remarkable instance of the good effects of this remedy is one of the performers at Vauxhall, in the year 1739, who was given over by all his friends and physicians; and his legs were so swell'd and insensible as not to feel any pain when put into a kettle of boiling water; but upon taking the above medicine, was cured in a few weeks, to the surprize of all his acquaintance.

A purging Infusion for an Anasarca.

TAKE leaves of Panna, two drachms; roman wormwood, one pugil; coriander-seeds, cardamums, of each one drachm: infuse 'em together in four ounces of fountain-water; strain it, and add to it syrup of buckthorn-berry, one ounce: mix; make a potion, to be taken early, with care.

An experienc'd Medicine for an Anasarca, or general Dropfy of the whole Body.

FRY freshly-gather'd rue, with oil of walnuts, till it become fit to be apply'd hot as a cataplasm or poultice to the navel; and keep it on that part for some hours, renewing it once or twice a day, if need require.

A most excellent and experienc'd Medicine for an Anasarca.

TAKE Florentine orris, two ounces; elecampane, squills, each half an ounce; elder, and dwarf-elder rind, each one ounce; Winter's bark, two drachms; senna, two ounces; black hellebore, agarick, jalap, each two drachms; white-wine, two quarts: infuse cold. The dose is four ounces in the morning.

A Wine to be drank in the Dropsy, especially in the Anasarca.

TAKE broom-ashes, live millepedes, of each three ounces; horse-radish, black hellebore, calamus aromaticus, white jalap, of each one ounce; salt of wormwood, one ounce and half; Winter's bark, cinamon, nutmeg, of each a drachm and a half; cloves, mace, of each half a drachm; long-pepper, the lesser cardamum-seeds, of each one drachm; senna, three ounces; wild poppies, one ounce: mix them in three quarts of white-wine: let them stand in a warm place; and take six spoonfuls strain'd every morning, or three spoonfuls twice a day.

A purging hydropick Ale.

TAKE roots of common fleur-de-lys, four ounces; horse-radish, two ounces; elecampane, squills, each one ounce; mustard-seed, juniper-berries, sassafras, each two ounces; Winter's cinamon, half an ounce; inner rind of elder, and dwarf-elder, each two ounces; senna, four ounces; black hellebore-root, jalap, agarick, each half an ounce: dispense for four gallons. This medicine is exactly suited for the cure of a dropsy, and is to be drank every morning from half a pint to a pint.

Juices for a Dropsy.

TAKE green plantain leaves, four handfuls; liver-wort, brook-lime, each two handfuls: having pounded them in a stone mortar, add horse-radish water compound, half a pint, and wring it out hard thro' a cloth. The dose is three ounces twice a day. The famous Dr. Willis asserts he hath often prescribed it with success.

See *Distillery*, P. I. Also *Faundice*, *Rattle-snake Root*, *Scurvy*, &c.

D Y S E N T E R Y.

See *Fluxes*.

DISEASES of the EAR.

THE Ear, the organ of the sense of hearing, is subject to many disorders; and as the tampering of unskilful operators may be attended with very bad consequences, we shall give the following general rules as proper to be observed in the cure of all the maladies appertaining to it; viz.

1. Let medicines that are to be put into the ear be lukewarm, not intensely hot nor cold.

2. Put no new medicine into the ear, till it be well clear'd from the foul reliicks of the former.

3. Three or four drops are enough at a time.

4. When a medicine is put into the ear, let the patient lie down upon the sound ear.

5. Let the medicines to be put in be neither too oily nor thick.

6. In all sorts of deafness, let the head be carefully strengthened, by both internal and external medicines.

7. Fumes are best for drying up, humid vapours for mollifying and easing, oily and spirituous things for discussing and strengthening; but in all, ever bear it in mind, that

that too much of any thing is good for nothing.

8. When medicines are put into the ear, it is convenient to masticate, or chew, that the medicine may penetrate the deeper.

It hath been observed by the Antients, that it is dangerous to pick the ear when a person yawns, because the inner parchment of the ear is then extended by the drawing in of the spirit and breath: for in yawning and sighing both, the spirit is first strongly drawn in, and then strongly expelled.

For a Stoppage in the Ear occasioned by a Cold.

TAKE barley-water, half a pint; Hungary-water, two ounces; honey of roses, one ounce and a half: mix them, and syringe a little warm into the ear that is stoppt, and stop the ear with a little cotton dipt in the oil of sweet almonds.

For a Relaxation of the Drum of the Ear.

TAKE compound spirit of lavender, tincture of castor, Hungary-water, of each alike: mix them together, and drop a little warm into the ear.

For Ringing and Noise in the Ears.

PUT into the hole of the ear cotton on which is dropp'd oil of bitter almonds, mix'd with tincture of castor, or oil of cloves; squeeze it into the passage, lying for some time after on the contrary side. At bed-time stowe wine with rosemary, and drink it warm in order to dispose your self to sweat. Keep your feet and neck very warm, and you may receive the steams of coffee, tea, or stoved wine, into your ear, and then stop it up again close.

For a Deafness attended with Pain in the Ears.

TAKE the flowers of lavender, rosemary, pennyroyal, laurel-leaves, of each one handful; juniper-berries, laurel-berries, of each one ounce; sweet-fenel seed, half an ounce: boil them in an equal quantity of spring-water and milk; strain, and to a quart thereof add spirit of wine camphorated, four ounces; and let the steam ascend thro' a funnel into the ears.

For violent Pains in the Ears.

TAKE an head of garlick, roast it; then take the softest of it, and mix it with as much mithridate, and apply it about bed-time to the patient's ear as hot as can be endured; and repeat it the next day, if occasion require.

A present Remedy for a Pain in the Ears.

TAKE a little honey, melt it in a spoon, and drop it into the ear that aches, as warm as can be endured: stop the ear with cotton or black wool dipt in oil of bitter almonds.

For an Imposthume in the Ear.

TAKE the liniment of arceus, half an ounce; saffron and myrrh finely powder'd, of each half a scruple; yolk of egg, two drachms; balsam of Peru, one drachm: mix them, and apply them warm twice a day.

Another.

TAKE a thick slice of right leavened bread, that is sharp of the leaven, roast it brown on both sides, then split it in the middle, and wet the inner side of the thickest piece in vinegar, and lay it to the ear as hot as you can bear it, and so let it remain twelve hours; in much less time, viz. in two or three hours, it will draw out the bag, which if not broke of itself,

you must launce, and make a tent of lint, which dip into oil of St. John's-wort, and put it into the ear. Make then a plaister of the same ointment, and lay it upon the ear; and continue dressing it thus 'till it be well. If you have none of this ointment, you may take any other sticking salve instead of it: but be sure keep your ear warm, that you may not take cold.

The following Receipt cur'd a Man eighty Years old, who had been Deaf many Years.

GET the blackest wool you can of the flink, unwashed; and put in it four grains of civet, and stop the ears: then anoint the back of the ears with oil of lilies for a fortnight, or more, as you find occasion.

A Salve and Oil for Deafness.

TAKE frankincense, two ounces; virgins wax, deers suet, resin-stone-pitch, pine-resin, of each a quarter of a pound: melt all together, and strain it: when near cold, add camphire and mastich, of each one drachm; mix well in a mortar with one ounce of Venice turpentine: then pour all into an earthen pot, and wash it well with a quart of white-wine.

The Oil.

Take three large onions: roast them well, and pill them: then strain them thro' a thick cloth, and add aqua-vitæ and sallad-oil, of each three or four spoonfuls; of white-wine-vinegar, one spoonful: Shake it, and drop three or four drops in the ears, and make tents with the salve with linen-cloth.

N. B. You must observe a strict diet, not eat slimy or windy meats, salt fish, or hard cheese: and you must keep your feet dry and warm, and take great care of catching cold. You must lie high with your head, and on your back, if both ears are

drest; or if but one, lie on your sound side.

To cure Deafness.

TAKE a clove of garlick, and roast it very soft; then take a few drops of oil of bitter almonds, and mix with it, and a little saffron: mix this all together in a spoon, and put it into a bag, and put the bag into the ear, fresh and as warm as can be suffer'd. Take this out in the morning, and stop the ear with black wool from the sheep, and be careful of taking cold; and continue this for a fortnight. This is the pattern of the bag, both as to shape and size, with a string to it.



To expel an Insect out of the Ear.

TAKE the tinctures of myrrh and aloes, oil of bitter almonds, of each two drachms; oils of savine and wormwood, of each ten drops: mix them all together, and drop a little into the ears, and it will kill the insects, and draw them out. It is also proper for ulcers in the ears. *For an Earwig having gotten into the Ear.*

TAKE rue and stamp it in a mortar; then strain off the juice, and

and put it into the ear; then lie down to rest on the contrary ear, and when you awake, the juice will come out, and the earwig will be dead.

The juice of wormwood, of southernwood, and rue, of equal quantity, put into the ear, will also kill any vermine that is got into it.

The steams of coffee have often relieved a deafness that has been occasion'd by the wax becoming too hard, which they will soften and set free.

ELIXIRS.

See *Cordials, Stomachs, &c.*

EMPYEMA

IS a terrible disease, which sometimes succeeds an inflammation of the lungs, and brings on a consumption. The symptoms are, a weight upon the diaphragm, oppression of the lungs, difficulty of breathing, and inability to lie on the sound side; a perpetual cough and fever, with thirst, flushing of the cheeks, and weakness and decay of appetite. The cure is surgeons work, by opening the side. If the ulcer is not broken, it is commonly

called a *Vomica*, and attended with almost the same symptoms as an *Empyema*. The ulcer may break suddenly into the larynx, and then suffocation may be apprehended; or inwardly, and the matter may by degrees be expectorated.

See *Consumption pulmonary.*

EMULSION.

See *Herbs.*

EPHEMERA.

See *Fever.*

EPILEPSY.

THE fit of an epilepsy seems to be only a greater, a more severe and universal convulsion, whose access generally happens on a sudden, and deprives the patient of his sense and understanding, and falls him, as it were to the ground, whence 'tis also called *The Falling Sickness*. In children there are great hopes that the distemper will leave them about the time of their puberty.

The causes are sometimes an hereditary or family disposition from parents; a sudden fright of the mother when with-child of the patient; a contusion of the brain; an abscess; acrimonious serum; inflammation, corruption, erosion of the meninges or membranes of the brain; fulness, heat, drunkenness, intense study, strong passions, especially sudden terror; all violent affections and irritations of the nerves in any part of

the body; especially by something acrimonious in the stomach or bowels, by worms, by teething, and acidity in the stomach in infants; by some contagion or purulent matter after acute diseases; suppression of usual evacuations, the menses, hemorrhoids; hysterical affections contracted by accidents in lying-in; and often by too great emptiness. The smallest irritating cause will induce a fit in such as are subject to it, and such ought to be prevented with great care.

There is no disease, which infects mankind, more terrible in its symptoms and effects, the worst of which are a weakening and perhaps an abolition of the faculties of the mind; whether the cause of the disease be in the brain, is easily known from the concomitant symptoms.

The

The intentions in the cure of the disease must be different, according to the cause. Bleeding, and plentiful evacuations, when there is a *plethora* or *inflammatory disposition* in the brain; aliments without acrimony, demulcent or mild, avoiding every thing which stimulates, taking such things as are opposite to the particular acrimony which causeth the disease, relaxing the belly without irritating; in acute and periodical pains, anodyne substances.

If the disease is the consequence of an hysterical disposition, a warmer regimen is necessary.

If the cause is in the *stomach*, generally anti-acid substances relieve.

If they are *not flatulent*, several have been cur'd by a milk-diet, but it will do hurt when there is acidity in the stomach. When the irritating cause is in some outward part of the body, it is proper to root it out by suppuration.

The cure, if proceeding from any disorder of the stomach, is to be begun with emeticks: *mercurius dulcis* is to be mixed with purgatives of the milder kind. Absorbents are commended; chalybeats, mineral waters, decoction of the woods, issues; and if bleeding be made use of, it should be in the ankle.

To rouse the person out of a fit, let the smoak of tobacco or of feathers be blown in the face; the fumes of amber are also good; as also the oil of it to rub the temples with it: but the general practice of holding the limbs in the fit, is intirely wrong. As is also, generally speaking, the applying volatile salts and spirits to the nose.

Alphonsus Ferrius affirms, That he hath cured several epileptick persons with a decoction of *guaiacum* alone, giving twice a day to the

quantity of six or eight ounces, ordering them for their common drink a second decoction of the same wood. If to the same decoction peony root were added, perhaps the medicine might be still more efficacious. The flower of *sal armoniack* and spirit of the same, as also native cinnabar, and wild valerian root, are very good.

Dr. *Cheyne* tells us of a physician at Croyden that was cured of an epilepsy by a milk-diet, totally abstaining from all other eatables and drinkables.

The juice of rue is much commended for this distemper; and therefore the extract of it must have the same virtues, and may be more conveniently taken.

An eminent physician advises, That a gentle vomit should be given as one of the first remedies; after which, that the blood vessels should be emptied by gentle physick: for example,

' Take rhubarb in powder, two drachms; cold cinamon-water, three ounces: infuse these all night over the embers; in the morning add syrup of succory with rhubarb, half an ounce; and straining out all, take it.'

And make four bolus's of the following medicines; viz.

' Take native cinnabar, one scruple; volatile salt of hartshorn, ten grains; conserve of rosemary-flowers, two drachms: one of which bolus's take every sixth hour, drinking after it each time six spoonfuls of the following julep:

' Take bawm and black-cherry water, of each four ounces; gum ammoniack, one drachm; galbanum, half a drachm: mix.'

These remedies this learned gentleman avers will relieve a fit, or a disposition

disposition to one: but if, after all, says he, fits should return, and you have made proper discharges by vomiting and purging, as above, take forty or fifty drops of the following mixture in a glass of any simple water before a fit; viz.

‘ Take sal volatile oleosum, one ounce; and liquid laudanum, half an ounce: mix.’

The following draught given twice a day, with proper regimen, cured a girl of the distemper:

‘ Take half a drachm of the whitest Spanish soap: boil it in three ounces of cow’s milk for a draught, to be drank warm.’

After blistering and repeated vomitings, you may give the following tincture:

‘ Take of wild valerian root, and white dittany, each six drachms; powder of castoreo, and the white of pigeons dung, each half an ounce; misleto, six drachms; cinamon-bark, and rosemary-tops, each half an ounce; leaf-senna, two ounces; jalap, and turpeth, each half an ounce: infuse it cold for ten days in a gallon of French white-wine; strain it, and add of powder of man’s skull, and elk’s-hoof, each two drachms; sugar, four ounces: with which mix oil of amber, four scruples; spirit of castoreo, two drachms: mix ’em, and make a tincture, for four ounces the dose.’

The patient may also plunge the parts affected in cold water, after having rubbed them well before the fire.

To excite vomiting the patient may be carried to the sea; after which let him walk three or four hours a day, for a week or longer, in a furrow’d field, which hath lain fallow for some years, imme-

diately after it has been plough’d up. This may be repeated.

Native cinnabar may be given after this manner:

‘ Take half an ounce of native cinnabar very well rubb’d; red coral prepar’d, and pearl prepar’d, each two scruples; British saffron, one scruple; leaf-gold, N^o xv: mix ’em, and make a powder. The dose is a scruple in a cephalick julep.’

Juice of rue, or its extract, is much commended. Above all things, a milk-diet is eligible with a total abstinence from all other sustenance, where there is not acidity.

The following is a specific powder:

‘ Take earth-worms prepar’d, one ounce; human skull prepar’d, two drachms; small cardamum-seeds, two scruples: mix it, and make a powder to be divided into twelve papers; one paper to be taken twice a day, in a spoonful of the following julep (drinking three spoonfuls of the same after it):

‘ Take black-cherry water, and lime-tree flower-water, each half a pint; compound piony, two ounces; tincture of castoreo, two drachms; syrup of compound peony, two ounces: mix ’em, and make a julep.’

But to prevent loathing, take a little after each dose, thirty drops of elixir proprietatis dulc. dropp’d upon a little sugar.

Sal armoniack, and its spirit, are excellent towards the cure; as is the following draught, given twice a day:

‘ Take half a drachm of the whitest Spanish soap; boil it in three ounces of cow’s-milk, for a draught to be drank warm.’

Epilepticks

Epilepticks ought to breathe a pure air, uninfected with any steams, even such as are very fragrant. Their diet ought to be nourishing, of easy digestion, avoiding hogs flesh, water-fowl, and all vegetables that are pungent, windy; and, generally speaking, all fruits, especially nuts; with little wine, and none, if they have not been accustomed to it; they ought not to turn round, nor stand on precipices; to keep regular hours for repast and sleep, for every unusual thing is a stimulus; but of all things the most necessary is the avoiding the occasions of violent passions, and keeping themselves chearful.

The following prescriptions are also commended as excellent and experienc'd in different cases.

Against the Epilepsy and Vertigo.

TAKE male-piony roots fresh-gather'd, four ounces; peacocks dung, of the white uniform sort, not the dark-colour'd and chaffy, half a pound; raisins, twelve ounces; prepare for a bag for two gallons. It is held, says Dr. Fuller, to be a specifick in the above distempers.

An Epileptick Infusion.

TAKE mistleto cut and bruised, four ounces; juice of rue, one ounce; brandy, four ounces; spring-water, twenty-eight ounces; salt of tartar, two scruples: infuse in a gentle heat twelve hours. Let the strained subside, till cleansed, which decant and sweeten with syrup of piony compound, four ounces.

Mr. Boyle (usefulness of Philos. p. 175.) relates an history of a radical epilepsy cured by mistleto of an oak. But, for ought I know, says Dr. Fuller, it is only the superstition of the druids, and scarcity of that of the oak, which gives it the preference before that of hazel,

white thorn, lime, apple, or even crab-tree.

An Epileptick Tincture.

TAKE Russia castor, half an ounce; yellow amber powder'd, English saffron, of each two drachms; fresh flowers of lilly of the valley, one ounce: to these pour spirit of wine camphorated, spirit of lavender compound, spirit of salt armoniack, of each four ounces: digest without heat six days, and then decant, and filtre.

It thoroughly and miraculously saith the communicator) eradicates an epilepsy and hysterick passion, if given before and after the paroxysm, and repeated before new and full moons.

The dose is from one scruple to one drachm, in black-cherry or lime-flower water, or a cephalick julep.

An Epileptick Mixture.

TAKE lime-tree flower and fenel-waters, each two ounces; syrup of stechas and of meconium, each one ounce; spirit of salt armoniack, one scruple: mix, for two doses.

For the Epilepsy.

TAKE Venice soap, half a drachm; boil it in milk to three ounces: strain it out for one dose.

Barbette tells us of a maid troubled almost a whole year with epileptick fits, which used to hold her from seven in the morning till nine at night; after he had purged her once, he gave her the above draught twice in a day, and in about thirty days intirely cured her.

Dr. Willis's Specifick for the Epilepsy.

TAKE the roots of male piony, dried and powdered, from a drachm to two or three drachms, twice a day, in the following tincture:

Take leaves of mistleto of the oak, two drachms; piony roots sliced,

sliced, half an ounce; castor, a drachm: let them be put in a close vessel with betony-water, or simple-water and white-wine, of each one pound; salt of misleto of the oak, or the common misleto, two drachms: digest them in a close vessel, in a sand-heat for two days. Take three ounces with the powder above mentioned.

A Draught, for the same.

TAKE powder of wild valerian root, one drachm and a half; penny-royal water, and black-cherry water, of each one ounce and a half; syrup of pionies, two drachms: mix them, and make a draught.

Mr. Boyle gives the following Recipe against Epilepsies.

TAKE of the powder of the true misleto of the oak, as much as will lie upon a sixpence, early in the morning, in black-cherry water, for some days near the full moon.

The same gentleman prescribes also as an effectual remedy, to take daily half a drachm at a time, of choice and very finely powder'd

amber, in any convenient vehicle, for about six weeks together.

Against the Epilepsy, and all convulsive Ailments.

TAKE piony and white poppy-seeds, blanch'd almonds, each half an ounce; fine loaf-sugar, one ounce; oil of nutmeg, two drops: when they are well beaten together, add by degrees, black-cherry water, one quart; make an emulsion according to art; to which, when strain'd, add compound piony-water, two ounces: mix.

It is given for the epilepsy, and all convulsive diseases, but is especially of use in fevers with head-ach, frightful dreams, snatching of the tendons, &c.

The dose from two to four ounces every eighth or sixth hour.

See *Apoplexy, Head-ach, Hypochondriack Disorders, Palsy, Scurvy, &c.*

ERUCTIONS.

See *Heartburn.*

ERYSIPELAS.

See *Cutaneous Distempers.*

ESSERE.

See *Cutaneous Distempers.*

E V A C U A T I O N S.

THESE are generally bleeding, blistering, catharticks, or purgatives, clysters, cupping, diureticks, issues, or scotons, sweating, vomiting, &c. We shall say something on each head, and begin with

1. *Bleeding.*] This operation we have taken proper notice of under every head where it is useful or necessary, in general cases; and so shall pass it over here without any farther notice than to observe, that as it is usually the surgeon's province, so it is generally to be left to the prescription of the physician.

2. *Blistering.*] This is an operation proper to pituitous and cold consti-

tutions, which abound with serum. It may be in these cases apply'd in the first attacks of fevers to secure the head, as well as in the increase, state, and declension, by way of cure, when the spirits being overcome with sleepiness, vertigo, head-ach, convulsions, and other dangerous symptoms, require a particular care; but in hot constitutions, when there is not much serum, and the blood thick, and in such fevers as are attended with great parching dry heat, restlessness and light-headedness, blisters do not seem to be agreeable, neither are they proper for child-bearing women,

men, nor persons troubled with the stone or sharpness of urine.

The following receipts for the plaisters, &c. where it is necessary to apply them, deserve to be inserted here.

A slow but innocent way of making Blisters without Cantharides.

"Take crows-foot, and putting to a handful of it about half a spoonful of mustard; beat them very well together to the consistence of a poultice; put this to the thickness of one's little finger into a cover of a box, cut shallow, and of about the breadth of the palm of one's hand, (though this cover be less necessary than convenient) and cutting a hole of the wideness of the box in a plaister of diapalma or the like, to make it stick: you must apply it to the part, and let it lie on twelve or fourteen hours, because it works as well more slowly than cantharides, as more safely and innocently."

A blistering Plaister.

"Take white pitch, eight ounces; Venice turpentine, cantharides finely powder'd and scarced, each two ounces and a half: mix."

Among the many receipts every where about for blistering plaisters, I account this far the best; for it doth its business in ten or twelve hours, and never fails.

Melilot Plaister for dressing Blisters, &c.

"Take of fresh resin, eight pounds; yellow wax, four pounds; sheeps suet, two pounds: after these are melted, put in five pounds of green melilot cut small; and make it into a plaister."

See *Strangury under Stone, &c.*

3. *Catharticks or Purging.*] Preparations for purging are very necessary, as well as the well-settling of the body after it has undergone evacuation. For want of this necessary preparation, says the great Lord

Bacon, the humours oftentimes stick, and come not away, which occasions great perturbations and ill accidents in the operation, and often dulls the efficacy of the medicine. The work of preparation is therefore two-fold, to make the humours fluid and mature, and the passages open; for both are necessary to make the humours pass readily. For the former of these, syrups are most proper; for the latter, apozems, or preparing broths; clysters also are often convenient, lest the medicine stop in the guts, and gripe in working. 'Tis true, bodies abounding in humours, fat bodies, and open weather, are preparatives in themselves, because they make the humours more fluid. But soon after hard frosty weather, and in a lean body, purging ought not to be attempted, without due preparation.

After the operation, it is good to use apozems and broths, less opening than those in the stage of preparation; and absterfive and mundifying clysters are also good to conclude with, to draw away the reliques of the humours, that may have descended to the lower region of the body: which is the more necessary, because the humours, which sometimes are quiet, and accordingly are little hurtful according to the places in which they are lodged, being stirr'd and put in motion by the physick, may do harm if they are not duly quieted, or brought away.

Those medicines that have a quick operation, adds this great author, attract only the light and more fluid humours; while those that operate slow, work upon the more tough and viscid. And therefore, says he, men must beware how they take rhubarb and the like, alone familiarly,

liarly, which drawing away the more fluid, leaveth the mass of humours more obstinate. The like he says of wormwood, which in his time, and long after, was so much magnify'd.

But it is to be observed, that it is now much in practice to chew rhubarb every morning, or very familiarly, and very great benefit has been thought to accrue from it. In-somuch that a certain old lady of quality who dy'd at above ninety years of age, told a friend on her death-bed, that she doubted not she should have lived to above one hundred years of age, had she not for some months discontinued her usual custom of chewing rhubarb.

We can only say on this head, as may be said on many others, that the constitution and habit of body is always to be consulted; since that medicine or practice may be very pernicious to one, which may be very beneficial to another. And the damage which the old lady believ'd she did herself, might probably be owing to her leaving off all at once, a method which she had for many years render'd habitual, and consequently, necessary, to her constitution.

What is further necessary to be said in relation to purgatives, will be found under the respective articles which require that evacuation. And for family purges, and general catharticks, we shall refer to the article STOMACH.

4. *Clysters*] Are a safe and efficacious remedy in divers diseases; but as they are prescribed properly both as to essence and form under the heads where they are necessary, we need say no more of them here.

5. *Cupping*.] Of this we shall only mention, that it is very useful in several cases, which must be chiefly

left to the physician: for it is to be observed, that the surgeons having usually no hand in the operation, speak very slightly of its efficacy, in every case preferring, for obvious reasons, the lancet: nor shall we take upon us to say which is in the right; but only that there may be cases to justify the preference of either.

6. *Diureticks*.] Are decoctions, emulsions, and oils of emollient vegetables, in so far as they relax the urinary passages: such as relax ought to be try'd before such as force and stimulate. Those emollients ought to be taken in open air (to hinder them from perspiring) and on empty stomachs. Vegetables which abound with essential salts, are diuretick by stimulating, as sorrel, chervil, parley, eringo, &c. and all such as contain an aromatic balsam, as asparagus, fenel, &c.

See HERBS. See also HERBS under *Aliment*. See also STONE and *Gravel*, &c.

7. *Issues or Seaton*s] Fall properly under the physicians and surgeons directions as to the occasion and operation, and as they are touched upon in their proper places, we shall pass them over here; only giving the following recipe from Mr. Boyle.
To make an Issue raw, that begins to heal up.

“Take of lapis infernalis, one ounce; of crown-soap, an ounce and a half; chalk finely powder'd, six drachms: mix them carefully, and keep them close stopt, except when about to use them.”

8. *Sweating*.] This article is also the less necessary to be insisted on here, as it is mentioned under the respective heads of the diseases in which it is required. What is further requisite to be said on this head we shall refer to the article *Sudorificks*.

9. *Vomiting*.]

9. *Vomiting*,] We shall also refer to that article, and the several diseases which require it.

The celebrated Dr. *Cheyne* prescribes the following general rules, as proper to be observed under the head of *Evacuations*.

1. He says, That costive stools are signs of over-heated blood, too spare feeding, slowness of digestion, or weakness of the guts.

2. Purging stools shew intemperate feeding. Too full a meal has the effects of a purge, fills the guts with wind, and gives gripes. Mercury and even the bark, diascordium, and treacle, if over-dosed, purge.

3. Head-achs, sick stomachs, vapours, low spirits, gripes, and colicks, proceed from cramming, and are ever accompanied with loose stools.

4. Those that live temperately, have one regular stool a day. Those who have more, exceed.

5. The cure of all relaxations of the nerves (the source of chronical diseases) must necessarily begin at the stomach and guts.

6. The time from eating a meal till its discharge, is three days, in those that have one stool a day: fix in those that have but one in two days.

7. A gross meal produceth more disorders, the day the excrements of it go off, than the day it is eaten.

8. A meal takes the same time to get through the habit by perspiration, that its remains do to pass through the guts.

9. The errors of the first concoctions cannot be mended afterwards.

10. Pain or relief, is not always the effect of the last meal or medicine, that was taken down.

11. Though cheese, eggs, milk,

and vegetable foods may be hard to digest, without drinking of water, to some stomachs, yet their chyle is good, and produces no bad effects.

12. Turbid water with brick-dust sediment, proceeds from the critical discharge of what was preternaturally retained in the habit.

13. Pale sweet water, from the urinous salts being yet retained.

14. There is great difference between hysterick pale water, and that which proceeds from a diabetes.

15. That appearance of fat on the urine of some people is nothing but a thin film of salts.

16. Bright amber-colour'd water, with a light sediment rising toward the top, amounting to three quarters of what is drank, is a sign of good digestion.

17. Great quantities of pale water proceed from excess in the quantity of food, and want of exercise. The cure of it is perform'd by eating less, using more exercise, and taking some diaphoreticks, to set the perspiration right.

18. High-colour'd turbid water in small quantity, shews abundance of animal salts in the habit, or the immoderate use of spirituous liquors: and must be cured by vegetable food, and water or other small drink.

19. Dark-brown water, or of a dirty red, is extremely dangerous, both in acute cases and in those who seem at present to ail nothing.

20. Bloody purulent water, and full of films, is a sign of nephritick ailments, stone, and gravel.

21. The viscid matter, like jelly, in the stools, and the viscid milky substance, somewhat like matter in the urine of some people of weak nerves, proceed from a corruption of the liquor of the mucous glands of the intestines, and of the bladder, and other urinary passages.

22. Ob-

22. Obstruction of perspiration is one source of acute diseases, and a consequence of chronical ones.

23. Catching of cold is an obstruction of perspiration, by the humid and nitrous particles of the air. It should be cured by gentle diaphoreticks, and not by balsamick pectorals, which do no good but in the end of the cure, to promote expectoration from the lungs, if there be any occasion for it.

24. Persons of weak nerves have often a critical flux of rheum from the glands of the mouth and throat, to a very large quantity, which if not tampered with, brings them great relief.

The following is a list of medicines proper for easing the belly:

Fat broth of fresh beef. Tender pot-herbs boil'd in broth. Mollifying and moistening medicines, for drinking and injection. Oils, chiefly squeez'd and fresh, as oil of sweet almonds and olives. Those which mollify will also loosen. Ripe, summer, dulco-acid or sweet-sour, pulpy, juicy fruits. Alkekengi. Dwarf-elder-berries. Elder-berries. Dry figs. All sorts of garden cherries. Ground-mulberries. Ground-

blackberries. Strawberries. Jujubes. Apricocks, peaches, apples. White and blue garden plums. Damascens, French, prignol. and red plums. White, black and red goosberries. Common black-berries. White and red rasp-berries. Sebesten. Tamarinds. All sorts of grapes. Crane-colour'd grapes. Goosberries.

The fresh juices and musts of the following:

Cassia, two ounces; manna, two ounces; tamarind, two ounces; pulp of tamarinds, two ounces; juice of pale roses, one ounce; aloe of rose-wine, six grains; raisin, four ounces; fenel-giant, half a scruple; root of oak-fern, an ounce and a half; rhubarb, one scruple and a half; the same infus'd, one drachm; Fernelius's syrup of wild-mallow, three ounces; syrup of succory with rhubarb, one ounce and a half; syrup of fumitory, two ounces; syrup of solutive roses, one ounce and a half; syrup of simple violets, two ounces; Rufus's pills, to six grains; simple honey, dissolv'd in water, two ounces.

See *Fever, Infusion, Vomits, &c.*

E V I L.

See *King's Evil.*

E X C E S S E S.

Custom is a second nature. This is a trite saying, says Lord Bacon, and of great truth. The common use of an enormous quantity of food, and of strong drink, has been generally attended in some persons with neither drunkenness nor surfeit. Hence an excess in the soberest persons, is often more fatal, than an habitual excess in others.

Excesses are generally to be avoided; yet sometimes diseases, especially chronical, such as quartan agues, have been cured by surfeit

and excess, in meat, in drink, in fasting, in exercise, in lassitude, and the like. The reason is, because diseases of continuance get an adventitious strength from custom, besides their material cause from the humours: so that the breaking of the custom leaves them only to their first cause, which, if it be any thing weak, will fall off: moreover such excesses excite and spur nature, which thereupon rises more forcibly against the disease. Notwithstanding all this, excesses are not to be chosen, but avoided; for it is

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not impossible, but the distemper may get the better, and in the violence of the conflict, the struggle

may be fatally ended. See *Diet, Surfeit, &c.*

EXERCISE.

DR. *Cheyne* lays down the following rules for health under this head:

1. Whatever, says he, was the original constitution of man, in our present state a due degree of exercise is indispensably necessary towards health and long life.

2. Animal food, and strong liquors seem not to have been designed for man in his original make and frame, but rather indulg'd to shorten the anti-diluvian length of life in order to prevent the excessive growth of wickedness.

3. Walking is the most natural and effectual exercise, did it not spend the spirits of the tender too much. Riding on horseback is less laborious, and more effectual for such. Riding in a coach is only for the infirm, and young children. House exercises are never to be allow'd, but when the weather or some bodily infirmity will not permit going abroad; for air contributes mightily to the benefit of exercise. Children naturally love all kinds of exercise, which wonderfully promotes their health, increases their strength, and stretches out their organs.

4. The organs of the body that are most used, always become strongest, and therefore we may strengthen any weak organ by exercise.

5. The lungs are fortified by loud talking, and walking up an easy ascent. The digestion and the nerves are strengthen'd, and most head-achs cur'd, by riding; the stone and gravel eased by riding in a coach over rough ground; rheumatick pains by

playing at tennis, billiards, &c. till one sweat, and then going to a warm bed, to promote the sweating; feeble arms by playing at shuttlecock or tennis; weak hams by foot-ball, and weak backs by ringing or pumping. The gouty best recover the use of their limbs by walking in rough roads; but prevent the fits best, by riding on horseback, or in a coach. The valetudinary, and the studious, ought to have stated times for exercise, at least two or three hours a day, the one half before dinner, the other before going to bed.

6. Exercise, 1. should always be gone about with an empty stomach. 2. Should never be continued to weariness. 3. After it, one must take care not to catch cold. And it should always be accompanied with temperance, else instead of a remedy it will become an evil.

7. Cold-bathing is of great advantage to health; but should not be used under a fit of a chronical distemper, with a quick pulse or with a head-ach, or by those that have weak lungs. It promotes perspiration, enlarges the circulation, and prevents the danger of catching cold. Those of tender nerves should pour water on their heads before they go in, and none (so says this gentleman) ought to jump in suddenly, and with their heads foremost.

8. The flesh-brush is a most useful exercise, as appears by its advantage to horses, and ought not only to be used on human bodies, but also on such of the animals we design for our food, as it can be applied to.

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The great Lord Bacon also highly praises the practice of gentle friction, which, as he says, draws forth the nourishment to every part of the body, by heating the parts, and calling forth, as it were, the juices which should repair the blood, spirits, and flesh, and even give benefit in their passage to the bones, nerves and membranes, which are not so easily reparable in themselves. It is a fine exercise to such as cannot so conveniently take other. 'Tis best to be performed in a morning. Lord Bacon says it may be done by the hand, or by a piece of scarlet wooll moisten'd with oil of almonds, mingled with a small quantity of bay-salt or saffron. We see, says he, that the currying of horses makes them fat and in good liking. But it must be acknowledged, that the flesh-brush, now so well known, and so much used, is above all others the most wholesome and cleanliest device for this salutary purpose that can be made use of.

In another place, this learned author prefers friction in many cases to exercise, because, as he says, this practice draws greater quantity of spirits and blood to the parts, and also draws the aliment more forcibly from within: likewise because it opens the pores, and makes better passage for the spirits, blood, and aliment: and lastly, because it dissipates and digests any unuseful or excrementitious moisture, which lies in the flesh: all which contribute to assimilation. Friction also, he observes, fills and fattens the body, as we see as well in men, as in currying of horses, more than exercise; because in this practice the inward parts, which require it,

are at rest: for this reason, he says gally-slaves, who stir the limbs more, and the inward parts less, are generally fat and fleshy.

But exercise, as Lord Bacon observes, is not alike necessary to all constitutions: it is therefore, says he, an error to prescribe indiscriminately exercise to every one. If the body be hot and void of superfluous humours, too much motion does hurt. The same great man observes, that exercise and a spare diet are not to be used at the same time. He observes that the benefits arising from exercise are, 1. That it sends nourishment more forcibly into the parts. 2. That it helps to excern by sweat, and so makes the parts assimilate more perfectly. 3. That it makes the body more solid and compact, and so it is less apt to be preyed upon by the spirits. The evils that attend it, as he observes, are, 1. That it makes the spirits more hot and predatory. 2. That it absorbs and attenuates too much the moisture of the body. 3. That it makes too great concussion, especially if violent, of the inward parts, which delight more in rest. In fine, he concludes, that great exercise, generally, is no friend to prolongation of life; and that this is one cause, why women live longer than men. But then this great genius shou'd have consider'd, that there is another reason, peculiar to the sex, which makes them suffer less by want of exercise than men.

Dr. Cheyne observes, that riding on horse-back is the best exercise to retrieve health when lost; walking, to keep it when regain'd, or before it be lost.

DISEASES in the EYES.

THE eye is so precious and tender an organ, so conducive to the happiness and pleasure of mankind, and at the same time liable to so many maladies, that we shall present our readers with as many approved recipes on this subject, as we shall judge suitable to the different misfortunes that commonly attend it.

A blood-shot eye, or one gumm'd up or inflam'd, has been often reliev'd by holding the eyes over the steam of hot coffee.

For an Eye inflam'd with a Cold.

After losing eight, ten, or twelve ounces of blood, as the occasion requires, make use of the following wash in a sponge; viz.

Take rose-water or plantain-water, five ounces; white troches of rhasis, a drachm; white vitriol, three or four grains: mix, and shake them together, and apply it often in a sponge all day long, till you find it recover; taking care that no dust gets into it; nor that too much light oppress it. If the pain should be great, a poultice of a rotten apple roasted, may be apply'd at bed-time; or the white of an egg beaten to water and thicken'd again with a little alum, upon a little lint doubled according to art, may be worn all night over the ball of the eye; and so continu'd every night while the eye is inflam'd, and the pain continues so as to break your rest.

An excellent Medicine for hot De-fluxions on the Eyes; also for In-flammations, Tumours, &c.

TAKE of prepar'd tutty, half an ounce; white rose-water, and frogs spawn-water carefully drawn, and very good canary wine, of each two ounces; of aqua mirabilis, half

an ounce: mix these well together, and let fall two or three drops into the patient's eye, especially at bed-time.

A Medicine for Blood-shot or inflamed Eyes.

TAKE frogs spawn-water, a pint; salt of tartar, a drachm: mix and dissolve, and wash therewith: there cannot be a better medicine for inflamed eyes, wash'd every day several times.

The Lady Fitzharding's Eye-water, which lately cur'd an almost blind Person, whose Eyes look'd like Glafs.

TAKE three spoonfuls of white rose-water, as much eye-bright water, and as much sifted white sugar-candy as will lie on a three-pence, and the same quantity of fine aloes sifted and put to the water, and shak'd together, and drop a few drops every night going to bed.

An excellent Remedy to take of Films from the Eyes.

TAKE powder of coral levigated, one ounce; powder of pearls levigated, three drachms; crabs-eyes levigated, one drachm; virgin-honey, two ounces: mix them, and anoint four or five times a day, but chiefly morning and night.

An easy but useful Eye-water to keep the Eye cool and moderately dry.

TAKE two ounces of succory-water; half a drachm of prepar'd tutty: shake them well, and keep them together for use.

A choice Medicine for an Ophthalmia Sicca.

TAKE of the leaves of fenel, hy-sop, celandine, betony, and carduus, of each half or a whole handful; of linseeds, quince-seeds, fenugreek, and flea-wort, of each half a drachm; of French barley, one ounce: boil all these a little in two

two quarts of fair water, and half a pint of white-wine. Let the patient hold his head (well fitted with a napkin for the purpose) over the fumes for about a quarter of an hour.

An excellent and very often try'd Eye-water, especially for outward Affections of the Eye.

TAKE of plantain leaves, four ounces; and of strawberry leaves, as much: digest these for twenty-four hours in a pint of good white-wine; then distil them to dryness in a glass head and body in *balneo Maria*. The liquor that is thus obtain'd put into a very clean brass (not copper) vessel, and let it stand there some hours, till it have acquir'd a manifest, but not a very deep blue tincture; and then put to it (when pour'd on) an equal weight of white rose-water distill'd after the common way: shake these together, and let fall one drop into the internal corner of the eye, the patient stooping backward, and shutting his eye-lids for a minute or two, that the water may disperse on the eye, and that the quickness of the liquor, which may make him weep, may the less prejudice him. To make a choice ophthalmick Water to preserve the Eyes and Sight.

TAKE of the distill'd water of rue, celandine, and vervain, of each one ounce: mix them, and infuse in them two drachms of crocus metallorum, exquisitely ground for a week or ten days; then very carefully filtre the infusion, that none of the atoms of powder pass through with the liquor. Of this let fall into the eye a drop or two, morning and evening, having a care not to shake the glass, when you employ the liquor, lest some unheeded dust may have escap'd the filtre, and be rais'd.

For Heaviness and Pain in the Eyes.

TAKE flowers of melilot, of elder, and of marigolds, of each a small handful; linseed, seeds of fenugreek, fleawort, cummin, and quinces, of each half a scruple; French barley, half an ounce; damask roses, half an ounce; spring-water, a pint and half: mix, and make a decoction; with which foment the forehead, temples and eye-brows, being sufficiently warm.

For a dry Inflammation.

TAKE of betony, hyssop, rue, wormwood, vervain, as also of sage-flowers and rosemary-flowers, of each of all these half a handful: (to which may be usefully added cummin-seeds, fenel-seeds, and carduus-seeds, of each a quarter of an ounce): boil these a little in two or three quarts of fair water, and then let the patient hold his head for about a quarter of an hour over the steam of this decoction, making use of a napkin to keep the smoke from dissipating, and direct it to his eyes. A while after he may put into them, if it be thought fit, a little clarify'd honey.

The Rheum Plaister, to be apply'd to the Nape of the Neck behind the Ears or Temples, against the Falling of Rheum on bad Eyes, Teeth, &c

TAKE gum-tragacanth, half an ounce; mastich and olibanum, each three drachms; bole-armoniack, myrtle-berries, seeds of fleawort, pomgranate-flowers, of each a drachm; Burgundy-pitch, half a pound; gum elemi, three drachms; purest caranna, one ounce; best turpentine, half an ounce: beat them all severally into fine powder, save the four last. First, melt the gum elemi, Burgundy-pitch and caranna together, over a gentle fire: when they are melted, put in the powders,

ders, having first mix'd them together; last put in the turpentine, and mix it well with the rest: make it up in rolls, and wrap it up in bladders: when you use it, spread it on leather, and apply it.

A Tobacco for decay'd Sight.

TAKE rosemary-flowers, betony-flowers, eye-bright flowers, of each one handfull; aloes-wood, amber-storax, clove-bark, and saffras-bark, of each an ounce: take the outward rind of Pistachio nuts, one ounce and a half; cortex Eleutherii, half an ounce: all being cut and grossly powder'd, mix them. Put a quarter of a pound of the mixture to a pound of tobacco, then smoak it.

A Powder good for the Eyes and Head.

TAKE eye-bright, three drachms; mace, one drachm: make it into a fine powder.

I have seen decrepid old men almost blind, which were by the help of this powder restor'd to entire sight, saith *Montagnana*. But besides, its being a good eye-medicine, it is eminently available against the head-ach, if taken in a glass of wine at bed-time: that time is best, because the brain imbibes medicines (by the vehicle of the blood) most of all in the time of sleep. For the eyes, take half a spoonful before meals in a glass of sack.

A cooling Wash for a hot Rheum in the Eyes.

TAKE frog-spawn water, plantain water, of each three ounces; alum-water, two drachms; water of lapis medicamentosus, three ounces; the white troches of rhasis, one drachm: mix, and wash.

For sore Eyes.

TAKE of white vitriol, three drachms: dissolve it in a pint of spring-water, and wash the eyes therewith.

For a Bruise and Blackness about the Eyes.

TAKE conserve of red roses, Solomon's seal bruised, Lucatellus's balsam, of each one ounce: anoint the eye with it.

An excellent Ointment in Inflammations of the Eyes.

TAKE fresh butter, four ounces; lapis calaminaris, tatty, white troches of rhasi, of each three drachms; white vitriol finely powder'd, two drachms, sugar of lead, one drachm; camphire, (dissolv'd in oil of sweet almonds) two drachms; copperas finely powder'd, one scruple: mix them, and make an ointment, and put the quantity of a grain into the corner of each eye every night, and a little rubb'd over the eye-lids, washing them with some eye-water in the day-time.

A Water to cool and repel sharp Rheums, and to take away Films and Specks in the Eyes.

TAKE white vitriol and bay-salt, of each one ounce: calcine them till they have done hissing; then pour upon them in an earthen pan, one pint of boiling water; stir them together, and let them stand some hours; a party-colour'd scum will fix upon the surface, which take off carefully, and put the rest into a phial for use. If it is too sharp, put a little spring-water or rose-water to it.

A Liniment for sore and inflamed Eyes.

TAKE fresh butter, four ounces; white wax, one ounce; tatty prepar'd, half an ounce; camphire, two scruples: make into a liniment. This is a safe and good medicine, and may be used when other medicines are unsafe. It is to be just stroked over the eyes two or three times a day. If the eyes are blood-shot, spread some mixt with conserve

serve of red roses, and put it with a cloth over the eyes all night.

For a Rheum in the Eyes.

TAKE half an ounce of lapis calaminaris, made red-hot three times, and quench'd in red rose-water; then filtre it thro' brown paper, and wash the eyes often therewith.

An Electuary. To be taken for a Cataract or Skin growing over the Sight.

TAKE cinamon, one ounce; spikenard, ten drachms; agarick, six drachms; mastich, two scruples: beat them to a powder, and mix them with honey, and give the patient two drachms every day.

F A I N T I N G S

MAY proceed from different causes, as excessive joy, or grief, sudden surprizes, coagulations of blood near the heart, worms, stubborn heart-burns, stones or ulcers in the heart, polypus's, &c. and are always dangerous if they come often, without some evident cause. A fulness of blood will also sometimes occasion this disorder, in which case the quantity of it must be lessen'd; after which pour spirits of sal armoniack upon a cloth, and hold it to the nostrils, removing it every now-and-then; and give also a spoonful of the following cordial; viz.

'Take compound hyssick-water, three ounces; chymical oil of nutmegs, ten drops: mixed together.'

And as soon as the party revives, inquire into the cause of the swooning, in order to remove it, if it proceed from accidental occasions. In the fit, volatile salts, spirits of hartshorn, of urine,

An excellent Eye-water.

TAKE myrrh, aloes, sarcocolla, white sugar-candy, nitre, burnt lead, crocus metallorum, white troches of rhasis, of each one drachm; Roman vitriol, roch alum, sugar of lead, verdegriis, of each one scruple: make them into a fine powder, and pour upon it eye-bright water, rue-water, and red-rose water, of each a quarter of a pint; white-wine, half a pint: strain off the clear, and wash the eyes often therewith.

Another.

TAKE common salt, half an ounce; white vitriol, four drachms; succotrine aloes, two drachms; spring-water, a pint: infuse them a whole night in a warm place, and wash your eyes often therewith.

of amber; and oils of cinamon, of mace, of nutmegs, of cloves, taken in wine or cordial-waters, are very good to rouse nature, and make her return to her functions.

Women, who by reason of weakness and lowness of spirits are subject to this disorder, must avoid drams of all kinds, which afford but a temporary relief, and cause the distemper to return with greater force. A dish or two of chocolate will do far more service to such, as it will stay within them, and recruit their spirits, without burning their stomachs: tho' persons subject to obstructions, and who abound with acidities must also be careful not to drink too much even of this liquor, because there is a great deal of substance in it like paste.

See Feminine Disorders, Sicknesses, Stomach, &c.

FALLING SICKNESS.

See Epilepsy.

F E L O N S.

See Chilblains, Whitlows.

G 4

FEMI-

FEMININE DISTEMPERS.

THE Sex is unhappily subject-
ed to so many distempers
which are in a manner peculiar to it;
that we shall not offer to enumerate
them here any otherwise than as
will be found in the respective titles
to the following approved prescrip-
tions in various female cases; refer-
ring to other articles for what con-
cerns the fair sex in common with
the other.

*An excellent Medicine for Fits of the
Mother.*

TAKE sagapenum dissolv'd in vine-
gar of squills, strain'd thro' a
sieve, and again inspissated or thick-
ened, ammoniacum in like manner
prepared, steel prepared, myrrh, fe-
cula of briony, of each half a
drachm; English saffron, castoreum,
of each a scruple; borax, two scrup-
les; syrup of stoechas, a sufficient
quantity: mix, and make pills of a
convenient bigness to be swallowed;
of which take three, morning and
night, with care.

*A powerful Medicine for white Fluors,
and the like Distempers.*

TAKE a pottle of ale, and shred
into it two ounces of white
isinglass, and in a loosely stop't ves-
sel let the liquor simmer till about
half is wasted; strain the rest, and
give of it two or three ounces at a
time, once or twice a day, as need
shall require.

A Remedy for the Whites.

THE best of remedies in this case
(after due purging) is to give
two, three or four grains of iauda-
num, and to inject three, four, or
six times a day, this water.

Take spring-water, two quarts;
white vitriol. roch alum, of each
two ounces: being in powder, mix
and dissolve; let it settle, and use
only the clear,

*A good Medicine for Suppression of the
Menses.*

GIVE for three mornings toge-
ther, about the expected time
of the monthly evacuation, a drachm
or a drachm and a half, or there-
abouts, of the galls and livers of
eels dry'd and made into powder.

*An easy Medicine for Sharpness of
Urine, and for Obstruction of the
Menses, and their flowing too much,
if the Distempers be not obstinate.*

GIVE about half an ounce at a
time of the newly exprest juice
of ground-ivy, in any convenient
vehicle.

*Pills for a Fluor Albus and Gonor-
rhoea.*

TAKE calomel, two drachms;
saturine sugar, one drachm;
camphire, starch, of each half a
drachm: with balsam of capive
make thirty-six pills, for twelve
doses.

For the Obstruction of the Menses.

TAKE conserve of rue, conserve
of wormwood, of each half an
ounce; powder of steel, six drachms;
compound powder of arum-root,
Winter's bark, castor, saffron, myrrh,
round birthwort-root, borax, of each
one drachm; Ethiops mineral, half
an ounce; syrup of the five roots,
enough to make an electuary: give
the quantity of a small nutmeg three
times a day, drinking a little white-
wine or pennyroyal water after it.

For the same.

TAKE the juice of briony-roots,
two quarts; the leaves of rue,
mugwort, of each two pounds;
savin, three handfuls; feverfew;
calamint, pennyroyal, of each two
handfuls; basil, dittany of Crete,
of each one handful and a half;
orange-peels, four ounces; myrrh,
two ounces; castor, one ounce;
spirit

spirit of wine, one gallon. let it stand to infuse for some days; then distil it: give the patient from two drachms to two ounces, according to her strength, in any convenient draught.

A Powder to promote the Menses.

TAKE salt of steel and myrrh, of each eight grains; saffron and castor, of each five grains; oil of savin, one drop: make them into a powder for one dose: take it once or twice a day in a little pennyroyal water.

An Electuary for the same.

TAKE conserve of Roman wormwood, one pound; candied ginger, two ounces; powder of steel, half a pound; syrup of steel, enough to make an electuary. It is proper for the green-sickness, and all menstrual obstructions; as also in all decays that are occasioned by sharp distempers, or the severity of cure in some chronic cases; it warms the blood, and strengthens the juices: it is to be taken, the quantity of a nutmeg, two or three times a day.

Purging Whey, proper for Green-sickness, and after Lying-in.

TAKE white briony-roots, one ounce; fenna, agarick, each half an ounce: infuse in a lukewarmth for a night, in whey one pint and a half; in the morning boil to one pint; adding, at last, caraway-seed, half an ounce; manna, two ounces; in the strain'd dissolve syrup of mugwort, two ounces: mix for four doses.

An often prov'd Remedy to bring away what is or should not be left in the Womb of a Puerpera, though it were Part of a dead Child.

WITH the juice of sheeps sorrel, and some of the strong infusion of the same herb (unpress'd) in water, and a sufficient quantity of su-

gar, make a syrup: of which let the patient take about a spoonful (a little more or less as need may require, twice or thrice a day.)

A consolidating Mixture, for weak childing Women.

TAKE sherry-wine, half a pint; strong cinamon-water, four ounces; rose-water, white sugar-candy, each two ounces; juice of kermes strain'd, one ounce; species called lætificans galeni, two drachms; leaves of gold, four; oil of nutmeg, four drops: mix.

This medicine, says Dr. Fuller, I fish'd out of a very worthy gentleman, in whose family it had been kept as a sacred depositum, and great secret, and was religiously deliver'd down, from mother to daughter, in a constant succession of several generations.

It helps concoction, corrects crudities, dissipates flatus, cherishes native heat, specifically recreates women with child, when drooping and languid; comforts the weak, feeble tætus, prevents miscarriages from dejection of spirit, and cold flaccidity of the womb, and supplies desir'd strength, vigour and ability, for the happy performance of the great work of child-birth.

It is proper for such only as are cold, weak, and languishing. I should by no means, adds he, advise it to any of a strong or hot constitution, nor to those that are plethorick, or apt to flooding. Let two ounces be allowed night and morning, whensoever failure of spirits make it needful, and more especially in the last month, even till delivery.

Miscarriages.

WOMEN of weak nerves are very subject to miscarriages; their danger is increased by high living and indiscreet bleeding. They ought to

to drink Bristol-water, and red wine, and live upon a low and light diet, to take the air frequently, and to use astringent plaisters, and other proper medicines to strengthen their bowels. The cold bath has been known to be very efficacious to strengthen and brace the parts of such tender persons as are subject to frequent miscarriages; as it is in almost all nervous cases.

To hinder a Flux of Blood, and prevent a Miscarriage.

TAKE astringent crocus of steel, half a scruple; spikenard, species of hyacinth, each five grains: bring all into a fine powder.

Let it be given night and morn with a glass of red Lisbon wine; or oftner, if there be an actual flux *To prevent Abortion, and comfort the Fœtus.*

TAKE conserve of red roses, marmalade of quinces, candy'd nutmeg, juice of kermes strain'd, syrup of quinces, syrup of coral, each half an ounce; species of hyacinth, three drachms; aromaticum rosatum, astringent crocus of Mars, each two drachms; sugar of lead, one drachm; oil of nutmeg, four drops: mix. Half an ounce to be given twice a day.

For the Wind-colick, Womens After-pains, Vertigo, &c.

TAKE white-wine, four ounces; waters of chamomile-flowers and rue, each three ounces; compound piony-water, one ounce and half; white sugar, six drachms; oil of juniper, twenty-four drops: mix. The dose is three or four doses, shaking the glass well.

A Candle to stop a Diarrhœa in a Child-bed Woman.

TAKE ale, a quart; spring-water, a pint; strong cinamon, one ounce: boil it to the consumption of a third part; strain, and add to

it jordan almonds cleans'd (but not blanch'd) and bruised, number sixty: boil them a little, and strain it thro' a sieve, and put in the best loaf-sugar, two ounces: make a caudle. It is good for women in child-bed, who are troubled with a diarrhœa or looseness. It will be better if you add canary or white-wine, a quarter of a pint. It may be taken six ounces or more at a time, three or four times a day, or as often as you please.

A Golden Mixture for Women with Child.

TAKE juice of kermes strain'd, half an ounce; syrup of gilly-flowers and raspberries, each two ounces; oil of nutmeg, two drops; oil of cloves, one drop; leaves of gold, five: mix.

This medicine (truly golden, says Dr. Fuller, more from its virtue than substance) does so singularly refresh the mother and child, and gives to both such vigour and vitality, that if a spoonful be taken twice a day, for a month before lying-in, it will produce an happy delivery, and a lively child.

Pills to promote Labour-pains, expel the After-birth, and increase the Cleansings.

TAKE powder'd savine, dittany of Crete, each one drachm; myrrh, galbanum, gum ammoniack, castor, each two drachms: make all into a mass with syrup of mugwort. Always remember this necessary Rule, Never to give any forciers, where the child lieth not right for a birth. The dose is one scruple, or half a drachm.

A Fulep for Child-bed Women.

TAKE water of balm and black-cherries, each three ounces; of barley, cinamon, and Dr. Stephens's waters, and syrup of meconium, each

each two ounces; liquid laudanum, forty drops: mix.

It is, says Dr. Fuller, a blessed and well-experimented remedy for child-bed after-pains; and none here need fear stopping the lochia, says the doctor; who gives it upon his own experience. The dose is four ounces to be repeated occasionally.

Ointment to drive back Milk.

TAKE powder'd alum, half an ounce; butter, two ounces; wax, two drachms: mix.

For Wrinkles in the Belly after Child-birth.

TAKE jessamy-butter, orange-flower ointment, of each an ounce and a half; oil of sweet almonds, six drachms; sperma-ceti, two drachms: mix.

For Womens Ails, when growing old.

TAKE flowers of sal ammoniac with steel, gum guaiacum, of each half a drachm; syrup of piony, a sufficient quantity to make into twelve pills: to be taken four at a time every night going to rest, drinking after them three spoonfuls of the following julep:

'Take black-cherry and milk-water, of each three ounces; penny-royal water, two ounces; tincture of saffron prepared with wine, an ounce; loaf-sugar, half an ounce: mix for a julep.'

'Take tops of Roman worm-wood, three drachms; roots of zedoary, and galangal, of each two drachms; the lesser cardamum-seeds, a drachm and a half; cochineal, a drachm; the yellow part of orange-peel, an ounce: infuse these ingredients for the space of twelve hours in a pint of milk-water, and five ounces of the steel-wine; strain it off, and add piony-water, and compound-

'wormwood water, of each an ounce and a half.'

This infusion is to be taken, four spoonfuls, two hours before dinner, and at five o'clock in the afternoon, drinking after a glass of spaw-water.

The following are deemed excellent Remedies, properly applied, for Distempers incident to Virgins.

ALOES, myrrh, briony, colycynthis, gum ammon. bdellium, sagapenum, juice of all-heal, fenel-giant, assa-fetida, elixir proprietatis, birthwort, mugwort, motherwort, chamomile, juniper, sweet-marjoram, herb-mastick, thyme, feverfew, pennyroyal, rue, savine, sage, alder, mother-of-thyme, tansy, wild cypress-tree.

Plaisters of cumin, melilot, fenel-giant, bay-berries, the ladaniferous shrub, apply'd to the hollow of the feet, navel and groin.

A fomentation of Venice soap, and decoction of herbs.

Vinegar and saffron.

Liniments of unguentum, martiatum, nervicum, elicampane or mercury, wild olive, sow-bread.

Dropping oils of juniper-berries, hyssop, mace, sweet marjoram, candy wild marjoram, rosemary, savine, spikenard, tansy, amber.

Infus'd oils of dill, chamomile, wild pennyroyal, rue, beaver's-stones, saffron, fleur-de-lys, earth-worms.

We shall conclude this article of feminine disorders, with a few words relating to

The GREEN-SICKNESS.

The green-sickness is a very troublesome disorder incident to virgins, and arises principally from obstructions, and particularly most frequently the stoppage of the menses, several receipts for which, we have inserted in this article; and there-

therefore shall only further observe here, That the symptoms of this disease are a due age of the patient, without the natural evacuations; a fulness, sometimes pains about the loins; a laziness, or inactivity, which is both the cause and symptom of the disease; a quick pulse, often emulating that of a hectic fever, palpitation of the heart, difficulty of breathing upon the least motion, a livid circle about the eyes, dizziness of the head, sometimes an appetite to odd things, as chalk, tobacco-pipes, proceeding from an acidity in the stomach, a paleness of the face and skin, unnatural hæmorrhages from the mouth, nose, and other parts; hysterical symptoms.

Young persons under a womanly age, are often troubled with some of the same symptoms, but not from that cause; and women obstructed have not always the fore-

mentioned symptoms; in those, the signs of gravidity and obstructions are hard to be distinguish'd in the beginning.

This disease is the parent of many other dangerous diseases, and after six months hardly to be cur'd.

What is to be consider'd in this case, is chiefly, if there be a sufficient fulness or deficiency of blood, different methods are to be taken in those two cases; bleeding, which may relieve in the first case, will do hurt in the second; exercise, frictions, bathings, clysters, fumigations often repeated, are very beneficial. After relaxing, such substances as strengthen the solid parts in general, are beneficial. It is by this quality that steel operates so strongly in this distemper.

See *Fever, Colicks, Fluxes, Hysterick Affections*, under *Hypochondriack Disorders*, &c.

See *Milk*.

F E V E R.

THE almost infinite variety of causes of this distemper, so diversify its appearances, and indicate so many ways of cure, that we must not pass over this head too lightly or too undistinguishingly. And as it is a distemper of the utmost consequence, and such as ought to be critically attended to, we shall trace it as briefly as possible from its beginning, whether it proceeds from cold, as is generally the case; or from heat, and incautious drinking to quench the thirst occasion'd thereby; whereby dangerous inflammations, &c. proceed. And above all shall be careful to give no direction, but what is the result of experienc'd practice in so hazardous a case, that so such as have not an opportunity to consult a skilful physician, may not be led into mistakes

where the consequence may be so fatal.

As soon as a fever is introduced by a cold, a general weakness attacks the patient; he feels chilly, perhaps shivers and trembles; his pulse grows quick; he breathes short; he is sick, giddy, vomits, grows thirsty; his tongue becomes white; his head throbs, and is painful; he loses his appetite, grows hot and sweats; his water is high-colour'd, he becomes costive or too loose; and if not taken in time, falls into convulsions, ravings, and dies. It is therefore highly incumbent to try to nip so dangerous a malady in the bud.

In order to this, when the fever is begun, let the patient be kept warm in his chamber, and let what discharge he makes, be constantly attended

attended to: and if the fever be high, and inflammatory symptoms appear, such as pains in the head, heat and thirst, difficult breathing, and the like, let ten or twelve ounces of blood be taken away; which if the symptoms continue, with violence, may be repeated as soon as the spirits will bear it. And if costive, a clyster may precede bleeding; if not, it may be given after; and so bleeding and clystering may be used by turns, as the symptoms require; and let him drink plentifully either barley-water with syrup of lemons in it, or common almond-milk, which will hold good four or six hours in summer, and eight or ten in winter; and let him feed no higher than on water-gruel or panada: and by this management, if the fever be not fixed, in three or four days it may be very probably conquer'd. The best clyster in such a case, is syrup of violets and whey, with a drachm or two of salt-petre in it.

Thus much for a *beginning fever*: But if the malady be actually form'd, and the fever has taken stronger hold, let the following method be followed; viz.

' Take coral and crabs-eyes, of each two scruples; salt-petre purify'd, one scruple; cream of tartar, half a drachm: mix, and make a powder, to be divided into four parts; one of which take in a spoonful of the following julep; drinking after it four spoonfuls more:

' Take black-cherry water, three ounces; bawm-water, three ounces; cinamon-water, two ounces; pearl prepared, one drachm; syrup of lemons, as much as suffices: mix, and make a julep. And when the patient is sick at stomach, or faint, let

' him also take five or six spoonfuls of the same.'

Proceed thus till the heat abates, and the water settles; then drink sack-whey plentifully, and sweats will generally follow: but if they do not, in two or three days, and the fever seems at a stand, let the following lenient potion be given in the morning early:

' Take rhubarb, two scruples; scenna of Alexandria, one scruple; salt of wormwood, five grains: infuse these in water over the embers all night; strain it in the morning; and to three ounces of it put syrup of peach-flowers, one ounce; aqua mirabilis, three drachms: mix, and make a potion.'

If this operates thrice, gently, give it every other day; if it works more, give it after two days, and at bed-time: after each dose, give this quieting draught to appease any commotion that may be raised in the blood by it:

' Take black-cherry water, two ounces; compound piony-water, two drachms; syrup of white-poppies, half an ounce; Gascoign's powder, one scruple: mix.

As nothing wastes the spirits like a fever, nor any thing recruits them more than gentle aromatics, let the following remedies be given on the days the lenient potion above prescribed, is omitted; viz.

' Take Gascoign's powder, twenty-five grains; contrayerva stone powder'd, half a drachm; Goa stone in powder, fifteen grains; confection of altermes, one drachm and a half; syrup of clove-gilly-flowers, as much as will make it into a soft bolus: divide into four equal parts, and give one every four hours, if awake; but not otherwise; and drink after it

- it fix or eight spoonfuls of the following julep:
- Take mint-water, four ounces;
- bawm-water, two ounces; black-cherry water, three ounces; Dr. Stephens's water, an ounce and a half; powder of pearl, a drachm and a half; syrup of clove-gilly-flowers, as much as will sweeten it.

Any person managing according to what we have laid down, will be as little liable to symptoms as may be; but as it is hardly possible to be void of some, we will instance a few cases which may be reliev'd by bleedings.

1. If the pain in the head be troublesome, and disturbs rest, and the pulse be strong enough to support it, take away blood at proper distances till moderated, and proceed as we have directed in taking off the fever radically.

2. If an inflammation of the lungs, or a pleurisy, accompanies the fever, then the pleurisy must be treated as under the head of *Pleurisy*; but not to draw off so much blood as if it were a pleurisy only, lest too few spirits be left to support the fever. And be sure to be very careful in judging whether the fever proceeds from the pleurisy, or the pleurisy from the fever, on this account.

3. If a violent burning attends the fever, bleeding must be used till the scorching is abated, and toast and water, and other such cooling small drinks must be only administer'd, till that effect is obtained; and then proceed as above directed.

4. If the vessels break, and blood issues from the nose, as they often do in high fevers (and which being a critical discharge, ought not to be soon stop't), and if danger is apprehended, bleeding unloads the vessels,

and brings them nearer together, whereby they may join again, and emulsions are also proper to be added, in which gum arabick is boiled, for common drink, and to thrust up a tent into the bleeding nostril made up with a little colcothar of vitriol, and the white of an egg beaten to water; and then to proceed as above directed.

5. If the patient be lethargick or sleepy, under a strong pulse, in the beginning of the fever, bleeding is absolutely requisite.

6. Nor is it less so in watchings, and want of rest; for in the former it dissolves the coagulation of the blood, which causes drowsiness; and in the latter dilutes the salts that prick and prevent rest.

7. Ravings at the beginning, in some constitutions, are not so dangerous as terrifying, and must be abated by bleeding plentifully; by taking quieting draughts at bedtime; by poor and low diet; and by swallowing large quantities of small and cooling liquors.

8. Convulsions themselves, where the pulse is strong, may be remedy'd in the beginning with bleeding, diluters, and quieting draughts.

When a fever seizes on a low-spirited person, the case is very bad, because, as an eminent physician observes, a burthen is to be carry'd by a disabled porter, who is likely to sink under it; and if moreover, such an one happens to be full of humours, it makes the case still worse, and it were best for such a one to apply to proper and learned assistance: but if there be no opportunity for that, let what follows be observed.

If the patient at falling ill complains of a load at his stomach, (for the load of humours to which he was before subject will certainly be increased

increased by the stoppage of perspiration, and stagnation will be endangered) let him take a vomit; as follows:

• Take half a drachm of ipecacuanha-root powder'd; oxymel of squills, as much as suffices: make a bolus, to be taken at five in the afternoon, drinking after it plenty of carduus tea.

Or if the bowels seem to be distended with wind, as will appear by the roaring of the guts, colick pains, and a blowing up of the belly, then omit the vomit, and take the following potion, early in the morning:

• Take fenna-leaves cleans'd, and pick'd from the stalks, one scruple; the best rhubarb powder'd, twenty-five grains; cream of tartar, fifteen grains: infuse them all night in four ounces of boiling water; strain them out in the morning, and put equal quantities of syrup of peach-flowers, and cinamon-water (or of each one ounce).

Bleeding is hardly allowable in this dispirited condition, unless the plenitude be very great; but the spirits should be encouraged by cordials of all kinds; particularly,

• Take powder of crabs-eyes, half a drachm; Gascoign's powder, a drachm; volatile salt of hartshorn, six grains; conserve of rosemary-flowers, a drachm; syrup of clove-gilly-flowers, as much as suffices: make up these into a mass of a soft consistence; divide it into four bolus's of equal bigness; take one every four or five hours, drinking after it six spoonfuls of the following julep.

• Take black-cherry water and alexiterial milk-water, of each four ounces; mint-water, and bawm-

• water, of each two ounces; compound piony, and Dr. Stephens's water, of each an ounce and half; sal volatile oleosum, a drachm; pearl-powder prepar'd, a drachm and half; double-refin'd sugar, as much as will sweeten it.

And take fifteen or twenty drops in wine and water twice a day, or when faintish, of the following mixture; viz.

• Of spirit of lavender, two drachms and a half; of hartshorn, a drachm and a half; tincture of saffron, one drachm: mix.

All this is daily done by our greatest physicians in practice, with little variation, and great success.

But whenever the symptoms in this kind are violent, *blisters* are very successful, and do wonders: so if a head-ach with sleepiness attacks, apply a blister somewhere; in low-spirited cases, the legs are by some thought the properest to begin with, as there they will force on the almost stagnated blood, and give those tremblings to the vessels which they ought to have.

In malignant pleurifies, and pleurietick fevers, some are for applying them to the seat of the disorder the breast, if the pain seems fix'd there.

In a lethargy or drowsiness, blisters serve to divert the humours flowing into the head, into another channel, and contribute to disperse those already settled there by the universal elasticity they give to the membranes and fibres. By this the vigour of the circulation is renew'd, nothing peccant will have leisure to settle, and what is already deposited will be sent into its ordinary course; and in the mean time, the remedies above directed are not to be omitted; and at last the urine will

will subside, and throw out part of its peccancy, and sweats will effect a sudden change for the better.

But let it be remember'd, that in this dispirited state, the liquors and diet ought to have somewhat of wine in them, for the repair of the wasted spirits.

Fevers likewise frequently proceed from over-heating the body by violent exercise; by drinking while hot too cooling and small liquors, which tho' grateful at present, thicken the blood suddenly, and often turn to dangerous inflammations, &c. so that a dram is much more safe and eligible in this case, however to be avoided generally, than limonade, small-beer, milk, &c. which drank incautiously while hot and thirsty, have often been fatal.

In inflammatory cases from this cause, an excellent physician gives us the following rules.

As soon as a person is seiz'd with any violent pain in the stomach or belly, that is accompany'd with great heat and feverishness, thirst, and a soreness upon touching, let him immediately lose ten, twelve, or fourteen ounces of blood, and repeat bleeding at a convenient distance as often as the pain and fever require, and take inwardly cooling liquors, especially emulsions made of almonds at pleasure, and the following prescription; viz.

' Take of milk-water, three ounces; piony-water, two drachms; syrup of violets, three drachms; salt-petre purify'd, one scruple: mix, and make a potion to be taken once in four hours.'

If there be occasion to proceed farther, the following prescription will be of great use, always supposing that the bleedings have been perform'd in time:

' Take crabs-eyes, one drachm; spirit of vitriol, twenty drops; conserve of mallow-flowers, one drachm; syrup of lemons, as much as will make these into a mass: divide it into three bolus's, one of which take every fourth hour, drinking after it six spoonfuls of the following mixture; viz.

' Take black-cherry-water, and milk-water, of each four ounces; of Dr. Stephens's, half an ounce; of distill'd vinegar, one drachm; of sperma-ceti dissolv'd in the yolk of an egg, half a drachm; of crabs-eyes, two scruples; of solid laudanum, two grains; syrup of clove-gilly-flowers, one ounce: mix.'

By these remedies (timous bleedings being premis'd) the blood's velocity will be retained, its acrimony, which frets the part inflam'd, will be abated, the stagnation prevented or taken away, and the inflammation cur'd.

Thus much for the skilful general treatment of a fever, whether proceeding from cold or violent heats.

The subsequent directions are the result of *practice* and *experience*, in all the *particular stages* of this dangerous distemper; which we may enumerate as follows: viz. 1. The cold Fit. 2. Anxieties. 3. Thirst. 4. Sickness, Vomiting. 5. Wind and Spasms. 6. Weakness. 7. Heat. 8. Delirium. 9. Coma, or Sleepiness. 10. Watchfulness. 11. Convulsions. 12. Violent Sweats. 13. Diarrhoea. 14. Inflammatory Eruptions. Of all which in their order; And

1. In the *Rigor* or *Cold Fit*.] A right regimen during this rigor or cold fit in the beginning of a fever, is of great importance, and mistakes

are of dangerous consequence: a long-continued coldness is a sign of a strong disease, and is in itself an approach towards death. Those who die of *quartan fevers*, die in the cold fit; and indeed there is no mischief but what may proceed from a rigor of long duration.

In such rigors, all warm cordials and stimulating substances are improper, and nothing is more proper than water in it, which dilutes and relaxes at the same time, and will sooner terminate the cold fit, and throw the patient into a sweat, than the warmest cordial; if a very small quantity of rhenish wine be mix'd with the water, it will be still more effectual: in this case strong frictions of the extremities relieve.

2. *Anxieties.*] In anxieties which attend fevers, when the cold fit is over, a warmer regimen may be allow'd; and because anxieties often happen by spasms from wind, spices are useful. Soapy substances (i. e. such as consist of oils and salts) which dissolve the blood, are also indicated; ripe fruits; some of the milky plants, such as lettuce, endive, &c. and especially honey.

3. *Thirst.*] In this case, liquors should not be drank quite cold; dulcify'd spirit of nitre, mix'd with water, is very proper in this case; so are barley-water and emulsions, except in great weakness and flatulencies of the stomach, in which case water mix'd with a small quantity of rhenish wine is best of all.

4. *Sickness, Vomiting.*] This is one of the most troublesome symptoms attending a fever, because it renders the patient incapable of taking any thing. It is often prevented by giving a vomit, or cur'd by promoting the vomiting for a while by tepid water.

During the symptom, acid liquors, and even such as are austere and astringent, are indicated, because such strengthen the fibres of the stomach; and indeed nature directs patients to such a diet, for they covet subacid liquors, and abhor fat and oily things. Diluting, and sometimes relaxing the belly, and carrying the bilious salts downwards, often cures this symptom.

Attention is to be given to the appetites of patients, in this and many other cases, who have sometimes coveted odd things which have reliev'd them, as salt, vinegar, &c.

Vomiting, from a bilious cause, is cur'd by subacid liquors; vomiting, from some putrid cause, by salts of all kinds; in such a case, water-gruel with cream of tartar, rhenish wine and water, jelly of currans, marmalade of quinces, sorrel boil'd in broths well skimm'd from fat, are beneficial. If the vomiting comes from a phlegmatick cause, spices and bitter things will relieve. The counter-poison must be adapted to the cause; for example, in poison from sublimated corrosive, and arsenick: in the first, alkaline substances; in the second, oily substances are proper; in both, diluent. It is easy to judge of the cause by the substances which the patient throws up. Whether a vomit may be safely or properly given, must be judg'd by the circumstances; if there be any symptoms of an inflammation of the stomach, a vomit is extremely dangerous.

5. *Wind and Spasms.*] Whatever is anodyne and quiets convulsions, and what abates the heat, relieves this symptom.

6. *Weakness*] Proceeds from too great fulness in the beginning, and too great emptiness in the latter

end of the disease. Those two causes demand different methods, in the first emptying and diluting; in the latter, a more plentiful nourishment, the use of wine diluted with water, and spices in small quantities, jellies, broths, the alkaline quality of which may be corrected with some acid, unless there be signs of acidity, and in that case the diet ought to be contrary to the cause of the symptom; viper-broth is both anti-acid and nourishing. In weakness, from great loss of blood, wine, and all aliment that is easily turn'd into blood, is proper; blood is required to make blood; and a small quantity of blood brings the patient into danger of a dropsey. Frictions of the extreme parts relieve weaknesses, as they promote the flux of the juices and spirits in the joints and limbs. Fat people are most subject to this symptom of weakness in fevers. In the latter end of fevers, such are weak by the laxity of the fibres, and the emptiness of the smaller vessels; such therefore must be treated with particular care, viz. after due evacuations, diluting strongly both by drink and clysters, avoiding all things oily, and using sugar, honey, and ripe fruits.

Cordials made of spirituous liquors are not the best remedies for this weakness: tho' they increase the force of the heart, and are necessary sometimes to keep up the vital functions, they rather coagulate the fluid. Whatever makes the circulation more free through the small vessels, is a cordial.

7. *Heat.*] This is moderated by blood-letting, by muscular rest, by dry cupping, bathing the lower parts, watery liquors for drink, not cold, but tepid; jelly of currans dissolved in tepid watery liquors;

decoctions of mealy substances acidulated, substances anodyne, substances which dissolve concretions, as sugar, honey, and the simple oxymel, plentiful diluting, and restoring as much water to the blood as is dissipated by the heat; all demulcent and relaxing substances, cooling the air in the room, opening the curtains, and removing too thick bed-clothes. All stimulating and styptick substances are to be avoided, because they increase the force of the solid parts.

8. *Delirium.*] In a feverish delirium there is a small inflammation of the brain; therefore any thing which increases the circulation in the lower parts, and diminishes the pressure on the brain, is beneficial, as immersing the feet in warm water; nothing relieves the head more than the piles, therefore suppositories of honey, aloes, and rock-salt, ought to be try'd, relaxing by emollient and watery substances, both in drink and clysters, especially barley-cream and barley-gruel.

9. *Coma, Sleepiness.*] Old men are subject to comas by the tenacity of the fluids circulating in the brain, which being resolved by the fever, obstruct the small canals of the brain: In young people it commonly proceeds from fulness, and is best cur'd by letting blood, and relaxing the belly. The sign of such a fulness is, a red countenance, and eyes inflamed; if it proceeds from a glutinous oil, it ought to be attempted to be resolved by water, nitrous salts, soapy medicines, and subacid liquors. People recovering from comas, must take at first soft nourishment, and in small quantities.

10. *Watchfulness.*] This symptom, which is sometimes call'd a *coma vigil*, often precedes too great sleepiness, and is perhaps the most

ill-boding symptom of a fever. The expedients in such a case, are, extreme care to keep the patient from noise, and what makes any strong impression upon his senses; some of those helps us'd in a delirium, because this is an approach towards it; a moist softening diet; all preparations of barley, emulsions of poppy seeds, and almonds, aliment of some milky plants, especially lettuces, decoctions of scorzonera-roots, almond cream, and what is called Winter flummery, us'd as aliment; tea, made of cowslip flowers, relaxing gently the belly.

Boerhaave proposes some mechanical expedients which may perhaps have a good effect; as, a soft noise of water distilling by drops into a basin, and the patient trying to reckon them. The air perfum'd with the smell of soporiferous plants, as poppies, mandrakes, nightshade, bean flowers. Application of cloths dipp'd in vinegar to the temples. Opiates must never be given but after great evacuations.

11. *Convulsions.*] It is of the utmost importance to know the cause and the seat of this disease, which is often obscure. In infants it commonly proceeds from acidity in the stomach, and is cured by earthy absorbents. Convulsions which arise from great evacuations, as great hæmorrhages or bleedings attending fevers, are dangerous. Those arising from inflammations of the membranes of the brain are commonly fatal: the symptoms attending them are a great heat, a hard pulse, and a delirium: the remedies, and even those from diet, are to be us'd according to the seat of the disease. If from the stomach, such aliments as are contrary to the particular acrimony, acid alkaline or oily, residing there, as in the case of vo-

miting. If from something impacted in the brain, warm volatile and spicy substances will increase the disease; in that case, substances which relax and dilute are proper, especially such as open the belly; and in general, the regimen prescrib'd in a coma, or delirium.

12. *Violent Sweats.*] Profuse sweats deprive the blood of its most fluid parts, thicken, and often cause obstructions; it is not good practice, says an eminent physician, to push sweating too much in fevers, except in such as are pestilential. In profuse sweats, care at least should be taken, by diluting, to restore the liquid which the blood loseth, and to use the methods advis'd in too great heat, by taking away some of the coverings of the bed, and admitting of cool air, and using a diet moderately astringent; wine, spices, and spirituous liquors, in this case, have often a good effect; spirituous liquors thicken the fluids; sage is a good remedy in the case of profuse sweats.

13. *A Diarrhoea, Looseness,*] Proves often a dangerous and fatal symptom in fevers, it weakens, excoriates and inflames the bowels, occasions bloody-fluxes, thickens the circulating juices, and exhausts the strength of the patient; notwithstanding, a critical diarrhoea is not to be stop'd, for fear of incurring these dangers:

Attention is to be given to the cause: if acidity, it is to be cur'd by anti-acids; but, as in fevers, the cause is more frequently alkaline and bilious, acid or sour things relieve, and it happens that oily substances by blasting the acrimony, will do good in diarrhoeas. Oily substances of themselves do not irritate or provoke diarrhoeas, they only lubricate or make the bowels slippery.

pery. Diarrhœas arising from quantities of fruit are often cur'd by emulsions, and vomiting.

Anodyne substances are proper, and generally speaking, solid and dry aliment, rather than liquid.

14. *Inflammatory Eruptions.*] In all these of any kind whatsoever, as small-pox, measles, scarlet-fever, purples, the intention in diet ought to be, to avoid strong sudorifics, which push out too great a quantity of the matter upon the skin; to use cooling and temperate diluents, which keep the matter fluid and moveable, so that it may be discern'd from the blood; to keep warm during the eruption; and that the diet be cool; for which reason the moderate use of acids, as juice of lemon, is indicated.

A due attention to the rules above-mentioned, in the several symptoms, says the excellent physician from whom we extract the above) will prove very successful in the cure of most FEVERS.

The following directions are proper to be observed, 1. In an Ephemera, or a Fever of one day. 2. In burning Fevers; and 3. In intermitting fevers.

1. An EPHEMERA

Is cur'd by abstinence, rest, and diluting; and the same method will prove effectual if the fever lasts several days, and is not putrid, or attended with a greater inflammation and acrimony, and obstruction of the vessels in some parts of the body, amongst which is

2. A BURNING FEVER.

The causes of such a fever are various; errors in air, meat and drink, rest and motion. Such a fever will be rais'd by vehement exercise or labour, heat of the sun, by long thirst, by the immoderate use of fermented and spirituous liquors;

and hot things, as spices; and by great lassitude endured any way, especially in hot weather.

Its symptoms are a burning heat in the skin, a sensation of extreme heat inwardly; sometimes coldness in the extreme parts; dryness of the skin, mouth, and nostrils; a dryness and roughness of the tongue; laborious and short breathing; great thirst; loathing, sickness of the stomach, and vomiting; anxiety, restlessness, weariness; sometimes a cough and hoarseness; watchfulness and delirium, and exacerbation every other day.

Such a fever is often resolv'd by a bleeding at the nose, which ought not to be stop't unless it endangers life. It is likewise often in the critical day resolv'd by sweating, vomiting, looseness, and spitting of thick phlegm. The fatal signs are commonly bloody urine, difficulty of swallowing, watery sweats about the head and face, without relief; coldness of the extremities, trembling, too great a looseness; and sometimes an inflammation of the lungs.

The regimen, in such a fever, is keeping the air of the room pure and cool, untainted with fire, smoak, or the breaths of many people; they ought to have no more bed-cloaths than barely protect them from cold; their curtains ought to be kept open so as to renew the air; and their posture in lying, as erect as they can bear; the sick, in this condition, covet all these things, and their contraries offend them.

Their drink ought to be cool, mild, subacid, tepid, given in moderate quantities, and often; as water with juice of lemon or tamarinds.

Their aliment ought to be light, as water-gruel, preparations of barley,

ley, with some juice of lemon; rice boil'd in whey, and strain'd. Roasted apples in the progress of the disease; a little roasted bread with rhenish wine and water, jelly of currans; broths and jellies made of animal substances are rather too alkalescent, at least they ought to be qualify'd with juices of lemon, or some acid.

Sometimes such alimentary substances as gently stimulate the belly, are useful, as some ripe fruits, strawberries, currans, mulberries.

The symptoms increase by the use of hot things given either as aliment or medicine.

3. INTERMITTING FEVERS.

They are very obstinate, often return in spite of all remedies, and by long continuance degenerate into hepatic fevers, and many chronical distempers, as jaundice, dropsy, schirrus's, and scurvy; therefore in this disease a right method, both of medicines and diet, is of great importance. There is a great variety in these diseases, as to the intervals of times between the paroxysms; tertians sometimes redouble their paroxysms, so as to appear like quotidians. It may be taken as a general rule, that the greater distance of time there is between the fits, the fever is less dangerous, but more obstinate.

There is a different regimen to be us'd during the continuance and absence of the paroxysm; and in the fit itself, during the rigor or cold fit, the heat and the sweat.

During the rigor, the regimen prescrib'd in the article of feverish rigors, p. 112, 113. is proper in all fevers, and care is to be taken by all due methods to shorten that period as much as possible, and by tepid diluents to bring on the sweat soon, but not to push it beyond its due

measure, because an intermitting fever relaxeth and weakens the body extremely.

Between the fits, too great abstinence is hurtful as much as too great repletion; as intermitting fevers are often of long continuance, extreme abstinence is impracticable, and would reduce the patient to a condition not to be able to sustain the shock of the next attack.

Between the paroxysms, such substances as temper, correct, and subdue the bilious alkali, as small thin wines with water, chicken broth with juice of lemons; wine with bitters infused, are proper; cichory and dandelion are useful, because the express'd juices of them cure intermitting fevers in warm countries; the physicians of these countries likewise use astringent vegetables.

Exercise, to as great a degree as the patient can bear, is extremely beneficial between the paroxysms.

But the chief remedy of all is to endeavour to prevent the cold fit, by getting to bed, by frictions, and some sudorifick and warm liquor; for by putting off the cold fit some agues have been cur'd.

Letting of blood seldom does good, and often a great deal of hurt in intermitting fevers; but the condition of the patient is to be consider'd in this case.

Intermitting fevers have been observed to free from some chronical distempers, as the gout and convulsions, but they often induce great ones themselves.

Fevers are such frequent and dangerous attendants on human nature, that tho' we have been very copious and particular already in this article, yet we shall add the following recipes, which may suit other cases and constitutions than

those we have mention'd, as they are all of them recommended by the best authorities as well as by experience.

A very good Drink in continual Fevers.

MAKE a decoction of the leaves of rue in fair water, till the liquor taste pretty strong of the plant: this, being strain'd, is to be made somewhat palatable with liquorice, or a little sugar, or aromatick substance: to half a pint of this add about ten drops of spirit (not oil) of vitriol. Let the patient use this for his ordinary drink.

An excellent Decoction in Fevers.

TAKE spring-water, twenty-six ounces: make it boil, and then put into it juice of lemons and fine sugar, each two ounces; cochineal, one scruple: let it continue boiling a very little, so as that the scum may be taken off; then set it by to depurate, by way of settling; pour off the clear, and add damask-rose water, four ounces.

This is a most desirable drink in fevers; for it restrains the heat and fervour of the stomach and blood, quenches thirst, moves urine. It may be drank at pleasure, without limitation.

The bitter Febrifuge Decoction.

TAKE chamomile-flowers dried, two ounces; cochineal, sixteen grains; boil in water three pints to one quart: in the strained dissolve salt of wormwood, two drachms: mix.

Sometimes the doctors add treacle-water, two ounces; oil of juniper, sixteen drops; spirit of sal armoniack, eighty drops: and when expedient, put twenty drops of liquid laudanum into the night dose.

It is justly esteemed a specific in intermitting fevers, and a remedy inferior to none, but the Peruvian

bark; nay, sometimes it hath succeeded, when that hath fail'd. I use to order four ounces of it, says Dr. Fuller, every three hours, between fics.

An excellent Alexepharmack Decoction for malignant Fevers, &c.

TAKE Virginia snake-root powder'd, six drachms: boil it in water, one pint to half a pint; strain and reserve the liquor by itself: boil the remaining root in a pint more of water to half a pint as before, adding, when it is near boiled enough, cochineal, half a scruple; strain it: and having mixed together both the liquors, dissolve in it Venice-treacle, half an ounce; honey, one ounce; and then strain it once more for use.

This, says Dr. Fuller, is a most desirable Alexepharmack, second to none. Its use is very great in the worst fevers where the blood and spirits want encouragement: it is a most noble stomachick, hysteric, and good against worms. Its dose is two or three spoonfuls every hour, or seldomer, as the state of the fever requires.

An Infusion good in Fevers, Dysenteries.

TAKE conserve of red roses, four ounces; oil of sulphur, forty-eight drops (or as much as suffices to bring it to a fit acidity); spring-water, one quart: macerate warm all night; in the morning run it, till clear, through a flannel bag.

'Tis a pretty pleasant julep, useful in burning and malignant fevers, in bleedings at the nose, spitting and vomiting of blood, flux of the terms, bilious diarrhoea, dysentery, vitiated appetite, and danger of abortion.

A wine-glass of it may be taken twice or thrice a day.

An

An excellent Julep in bad Fevers.

TAKE waters of damask-roses, six ounces; of orange-flowers, piony compound, each one ounce; of barley-cinamon, two ounces; coelestis, half an ounce; musk, ambergris (both ground with salt of hartshorn, one grain), each two grains; saffron, (clipped small, and tied up in a muslin rag) one scruple; confection of alkermes, two drachms; oil of cloves, one drop; syrup of gillyflowers, one ounce and a half: mix.

This, the learned prescriber says, is a temperate, but a most noble cordial; and he never knew a better medicine in fevers of a suspicious ill kind, which sending deleterious vapours into the ventricle, excite a singultus or hiccough; which, deadly as that symptom generally is, it hath sometimes overcome. One spoonful may be given every half hour; so shall the weak stomach not be over-charged with quantity, and be continually refresh'd with the medicine.

A constant Drink for costive and parching Fevers.

TAKE tamarinds, two ounces; raisins stoned, four ounces: boil in fair water three pints to one quart, which strain.

A sudorifick Bolus in malignant Fevers.

TAKE powder'd Virginia snake-root, fifteen grains; Venice-treacle, half a drachm; salt of hartshorn, two grains; saffron, three grains; oil of nutmegs, two drops; liquid laudanum, fifteen drops; diacodium, as much as wanting to make it up with. It is an excellent and powerful sudorifick, says the prescriber, and we have few comparable to it. 'Tis one of the highest alexipharmacks, and a great medicine in malignant fevers, espe-

cially when attended with a diarrhoea. Besides all this, it is also stomachick, cardiack, and hysserick.

A Cordial Bolus in continued Fevers.

TAKE powder of crabs-claws compound, Goa stone, each half a scruple; powder'd saffron, five grains: make it up with confection alkermes. It forces sweat, and at the same time gives strength to bear it; for it recreates the languishing spirits, and is a fine cordial. 'Tis to be taken from every twelve to every two hours, till it be found that nature rises; and when that point is once gain'd, it must be left off again by degrees, according as the case requires. For in such a fever, 'tis necessary that a physician give constant attendance, to make due observation, and suit his advice to the emergence.

An admirable Mixture for continual Fevers.

TAKE red coral finely levigated, two drachms; salt of wormwood, four scruples; juice of lemons fresh drawn, four ounces; strong cinamon-water, two ounces: mix in an open glass, and let them stand uncork'd, lest their fermentation break the bottle.

It wonderfully, and almost miraculously, says an eminent physician, represseth subversions of the stomach, and motions to vomit, and more good hath been done with this medicine alone, in this respect, than with any other.

Let two spoonfuls be given every hour, or a spoonful every half hour, till the symptom be overcome, the glass being first well shaken.

An acid Julep in burning Fevers.

TAKE pure spring-water, (boiled half away) twenty-eight ounces; syrup of violets, three ounces; syrup of gillyflowers (or raspberries), one ounce; spirit of vitriol, as much as

serves to make it pleasantly tart: mix. Spring-water, when its crudity is boiled off, my learned friend prefers to barley-water, which is full of heavy slime, and ungrateful to the palate and stomach of weak people. This elegant and delicately pleasant julep may be given cold in burning fevers, to three or four ounces four times a day.

A convenient Vehicle for taking the Bark, &c. in Fevers.

TAKE pure fountain-water, one quart; fine sugar, three pounds: boil (and scum it well) into a syrup.

For sinking of Spirits, and sick Fits in a Fever.

TAKE conserve of gilliflowers, three ounces; conserve of barberries, juice of kermes strain'd, each half an ounce; pearls levigated, four scruples: mix.

Let two drachms be given every six hours, with a proper julep.

Febrifuge Pills.

TAKE powder'd chamomile-flowers, two drachms and a half; diaphoretick antimony, one drachm; salt of wormwood, half a drachm; with mucilage of gum tragacanth, make up pills for twelve doses.

I have known these more than once, (tho' not always, I confess) put off an intermitting fever, (without a relapse) when I had before attempted it in vain, with the bark. Let them be taken every three hours in the absence of the paroxysm.

A Plaister for the Feet, in Fevers.

TAKE cephalick plaister, three drachms; hard pitch, two drachms; powder'd euphorbium, two scruples; camphire and oil of amber, each one scruple: mix.

It is useful and necessary in such fevers as are accompanied with

head-ach, doziness, watchings, phrenzy, &c. for as much as the estuating blood is then circulated unequally, and more impetuously thrown up into the head than the lower parts.

A pacifick Emulsion.

TAKE white poppy-seed, two drachms; one sweet almond blanch'd, with red poppy-water, three ounces and a half: make an emulsion; to which add mint-water, one drachm; diacodium, three drachms: for a single dose.

It soothes up and composes to quiet the mad raging spirits, and persuadeth sleep: it is more temperate than laudanum, and lieth not so heavy on the stomach as diacodium.

Wafers of Tamarinds, in Fevers.

TAKE tamarinds, one ounce; mash them in a mortar with thin mucilage of gum tragacanth; pass them through a pulping sieve; dissolve also Spanish juice of liquorice in the same sort of mucilage, two drachms: mix, and make troches as thin as wafers to seal letters; which dry in an oven according to art.

These are very pretty, desirable and useful things to hold in the mouth, to alleviate thirst, and take away an ill taste in fevers.

For Hectick Wastings, Night Sweats, scorbutick Fevers, Flushings, &c.

TAKE snails bruised with their shells, three pounds; fresh orange-rinds, three ounces; brooklime, water-creffes, cleavers, each three handfuls; whey, three quarts: distil in a cold still.

For malignant Fevers, Agues, &c.

TAKE troches of vipers, one drachm; Virginia snake-root, contrayerva, each half a drachm: mix.

It is not only prevalent against malignant fevers, but also (being given before the fit) commonly drives agues. The dose is from one scruple to two scruples.

A Powder excellent in malignant Fevers.

TAKE Goa stone, Contrayerva-stone, Gascoign powder, Virginia snake-root, each five grains: make a powder.

It is a champion, says my good friend, against malignant and pestilential fevers; for it encourages the spirits, and drives out the enemy by sweat.

An excellent Posset good in burning Fevers.

TAKE new-milk, one quart; good fresh small-beer, one pint; white-wine, half a pint: make posset, boiling in it wood-sorrel, two handfuls. Let it be drank plentifully of at pleasure.

Of the Scarlet Fever.

THE cure of this may be left pretty much to the guidance of nature, says the famous Sydenham; but if it want the assistance of art, it may be treated as the measles, it being near akin to that distemper. And Dr. Morton says, it differs only from the measles in its efflorescence, insomuch that it may be called, The confluent measles; and that it requires the same method of cure. In the measles the skin is diversly variegated or spotted, in the scarlet fever it is all over cover'd with redness.

For a Scarlet Fever.

TAKE burnt hartshorn, and compound powder of crabs-claws, of each half a drachm; cochineal, two grains; sugar-candy, one drachm: mix them, and beat them to a fine powder, and divide it into twelve parts: take one of them

every six hours, drinking two or three spoonfuls of the following julep after them:

Take black-cherry water, milk-water, of each three ounces; syrup of citron-juice, one ounce: mix them together.

For a Hætick Fever in Children.

TAKE rhubarb, two drachms, sliced; put it into a quart bottle of small-beer, and give for common drink; and when it is drank up, pour more upon the same rhubarb, and continue it a third time. If it is too strong of the rhubarb when one pint is drank, put in another pint to it.

A Milk-water useful in all Sorts of Fevers and Consumptions.

TAKE carduus, two handfuls; rue, goats rue, angelica, wormwood, mint, and balm, of each one handful: bruise them together, and put them into a cold still with a gallon of milk; distil it with a gentle fire, and draw off almost three quarts. Take a glass of it sweeten'd with sugar, at pleasure.

Tincture of Myrrh, and its Virtues, in malignant Fevers, Worms, Foulnesses of the Mouth, Womb, &c.

TAKE of myrrh, an ounce; fresh prepared salt of tartar, calcined till it has acquired a blue, or almost a green colour, half an ounce: let them be well ground together; then put the matter into a wine-cellar for a week, or till it becomes moist: afterwards add thereto, by degrees, a pint of French brandy, shaking the whole well together; then extract the tincture as usual, with a gentle heat. It is given internally from fifteen to thirty drops, in a proper vehicle. In malignant fevers it strengthens the stomach, destroys worms, cleanses and heals the lungs, and greatly promotes the menses and lochia.

It is also good in ulcers and sponginess of the gums, rottenness and pains of the teeth, and foulness of the mouth, it being gargled therewith: being injected, it cures ulcers, rottenness and obstructions of the womb; also is good in hurts of the nerves, wounds and putrid ulcers, foulness of bones.

Almond-milk to quench the Thirst in Fevers, and prevent the Strangury caused by Blisters.

TAKE barley-water, one pound; ten sweet almonds, blanch'd: make an emulsion (to which add cinamon-water, one ounce; a little sugar); of which drink plentifully.

How to distil an excellent Water in Balneo Mariæ, experimentally good against Convulsion Fits, and in many Stomach Cases, and in Fevers, Faintings, &c.

TAKE nine quarts of the very best old hock; a pound and a half of sage, cutting off the stalks; then take of cinamon, ginger, mace, nutmegs, aniseeds, galingal, long-

pepper, of each of these half an ounce; also half an ounce of cubeb; and half an ounce of grains of Paris cut small, and all mixt together dry with the sage: put all these into a glass in the following manner: stop the glass very close with wax, and over it a piece of bladder wet; then set the glass in some convenient place for the sun to have full power upon it for at least fourteen days; then put all into a limbeck together, and distil them off with a moderate fire. Remember first to put in about three pints of fair water at the bottom of your pot. Of this quantity you may draw off about five quarts. When distill'd, mix it all together, and drink of it a little China cup-full twice a day, sweetened with white sugar.

For Fevers in Children. See *Childrens Distempers*,

See also *Agues, Fluxes, Feminine Distempers, Hiccough, &c.*

F I S T U L A.

A Fistula is a sinuous ulcer arising chiefly from a bile, or inward piles. That arising from a bile is the more painful and difficult to cure. Unless some great uneasiness attends them, they should not presently be cur'd, but rather be kept open, as they serve for a salutary drain of peccant humours in ill-constitution'd bodies. After incision, which is the surgeons work, when the fistula is so constituted as to need a cure, a dossil is to be put in, armed with the white of an egg, and astringent powders. The next day it must be sprinkled with verdigrease, and a bit of sponge spread with honey thrust in, to keep the fistula open, for seven days, till the callus is consumed: in the mean

while a sponge wet with rough wine must be applied, to suppress the humours.

This being usually surgeons work, we shall only give the following excellent recipe on this article:

' Take of sanicle, wood-betony,
' wild daisy-roots and leaves, red
' bramble-leaves, dandelion, French
' bugles, white bottles, agrimony,
' motherwort, ribwort, broad plantain, of each one handful; worm-
' wood and mugwort, a few crops:
' wash them clean; shake out the
' water through a cloth; then
' boil them in a quart or three
' pints of white-wine, for half an
' hour, over a gentle fire; then put
' to them three or four spoonfuls
' of honey: let all seeth or simmer

‘ a while, keeping it stirring with
‘ a spoon; then strain it hot thro’
‘ a cloth, wringing the herbs well;
‘ and when it is cold, put it into a
‘ glass bottle. Let the patient drink
‘ four spoonfuls morning and even-
‘ ing, and fast two hours after it;
‘ let it be the last thing when he
‘ goes to bed: it must be taken

‘ lukewarm; and for the more
‘ speedy cure, you may tent the
‘ fore or wound, dipping the tent
‘ in a little of the same liquor, and
‘ lay upon it a colewort leaf. If
‘ the patient be a woman with
‘ child, you must leave out the
‘ mugwort.’

See *Piles, Stone, &c.*

FLUXES, as GRIPEs, DIARRHOEAS or LOOSE- NESSES, DYSENTERIES or BLOODY-FLUXES, &c.

UNDER this head, that we
may not multiply articles,
we will touch upon the several
species of fluxes; as common loose-
nesses, gripes, diarrhoeas, dysente-
ries, &c. however different they
may be in their causes and effects.
To begin with

The GRIPEs;

This distemper is not to be treated
alike in different persons, since ac-
cording to its effects, and the parti-
cular constitution of the person, it
may be distinguish’d into a choleric,
phlegmatick, kindly, or critical and
malignant case. In a person of a
bilious or *choleric* constitution, the
distemper becomes acrimonious;
and the stools are thin, but either
of a greenish yellow, or reddish;
and in this case the following is
proper:

‘ Take rhubarb in powder, twen-
‘ ty-five grains; diascordium, twen-
‘ ty-five grains; syrup of solutive
‘ roses, as much as will make a bo-
‘ lus.’ This should be taken at three
o’clock, and will work before the
hour of sleep. After which,

‘ Take of the powder of coral,
‘ half a drachm; crabs-eyes, one
‘ drachm; Japan earth, one scru-
‘ ple; syrup of roses, as much as
‘ suffices. Let this be divided into
‘ six bolus’s; one of which may be

‘ taken every fourth hour, drink-
‘ ing upon it four spoonfuls of
‘ burnt red-wine: but by no means
‘ to drink much liquor.’

In a person of a *phlegmatick* or
colder constitution than the above,
the stools are watery, thin, and
less tinged; and after he has been
treated as above, warm cordials a-
long with restringents may be given;
for instance:

‘ Along with one drachm of
‘ diascordium, crabs-eyes, fifteen
‘ grains, may be mixed; four drops
‘ of the chymical oil of nutmegs;
‘ of which a bolus being made,
‘ may be taken every fourth or
‘ fifth hour, and a spoonful or two
‘ of cinamon-water, or aqua mira-
‘ bilis may be drank upon it,’ be-
cause in this latter case there is no
fever, and many flatulencies: for
which reason a warm and wind-
expelling julep may be added, as
follows:

‘ Take of mint-water, six ounces;
‘ cinamon and Dr. Stephens’s water,
‘ each an ounce and half; syrup of
‘ orange-peel, an ounce; laudanum,
‘ two grains: mix, and make a
‘ julep, of which five or six spoon-
‘ fuls may be taken.’

The *kindly* flux and a *critical* one,
border upon each other, and are ge-
nerally harmless and useful, carry-
ing off the offensive fœces. Tho’
it

it must be observ'd, that even this, as well as the others, ought to be taken in time.

The *malignant* and symptomatic flux is what is most grievous and weakening, from what mild cause soever it proceeded at first, and must be diligently attended to. And for the management of these, we shall refer to the following approved recipes; as we shall also those that are called diarrhoeas, dysenteries, &c. and the rather, as we shall to each recipe, add its particular use and excellency, that so the prescription may be better suited to the respective cases, and the well-intention'd direction be less liable to mistake or misapplication.

A Bolus for a Diarrhoea.

TAKE rhubarb (not toasted, but grated fine) from one scruple to two; oil of cinamon, one drop; diascordium, sufficient to make it up. This, says an eminent physician, is a most efficacious medicine in a diarrhoea, to be given, if the looseness be not much, at night; otherwise early in the morning; and may be repeated as the case shall require.

A most excellent Remedy for Gripes and Fluxes.

MAKE a tincture of corn-poppy flowers, with common spirit of wine; and give from one spoonful to two spoonfuls, in spirit of opium, half an ounce, mixt with black-cherry water, four ounces: this gives ease upon the spot.

A slight, but often try'd Medicine for the Gripping of the Guts.

TAKE about a quarter of a pint of brandy, and having made a toast of bread (not too fine and white) throw it in very hot into the liquor, and as soon as 'tis thoroughly drench'd, let the patient take it out, and eat it hot; and this

may be repeated, if there be need, two or three times a day.

A restraining Clyster for a Looseness without Gripes.

TAKE pomegranate-peel bruised, half an ounce; flowers of the same, one drachm: boil in milk half a pint to four ounces: to the strained add brandy, (or cinamon-water) two ounces; diascordium, six drachms; oil of nutmeg, six drops: mix.

That it may be the longer and easier retain'd (which is of great moment in this case) foment the anus with some warm astringent decoction; or at least, apply hot cloths to it, and let the patient compose himself to sleep as soon as he can, lying on the right side.

For a Diarrhoea.

TAKE small cinamon-water, and mint-water, of each three ounces; syrup of poppies, one ounce; diascordium, half an ounce; compound spirit of lavender, half an ounce: mix them. Take two or three spoonfuls after every stool.

Another for the same.

TAKE rhubarb in powder, half a drachm (more or less according to the patient's strength) with a sufficient quantity of diascordium make a bolus; to which add two drops of chymical oil of cinamon. *Fracastorius's Decoction for a Diarrhoea.*

TAKE diascordium, six drachms; alexiterial milk-water, - ten ounces; boil to eight ounces; strain, and add mint-water, half an ounce; strong cinamon-water, two ounces; syrup of meconium, one ounce and half: mix up for three doses.

This has even, says an eminent physician, divine virtues against a diarrhoea; for it most potently (and almost beyond any thing else) stops sick fits, anguish, griping tortures and

and rage of the ventricle and intestines: it is of notable use, especially in such fevers as are accompanied with a symptomatick flux of the belly.

An Infusion for a Diarrhoea.

TAKE rhubarb sliced thin, two drachms; yellow mirobalans bruised, one drachm; salt of wormwood, twenty-five grains; plantain and cinamon-water, each two ounces: infuse warm and close a night's space; then having strained it out, add oil of aniseed, one drop; syrup of roses solutive, half an ounce (or six drachms): mix.

Sometimes, where there are gripes, it may be thus prescribed:

Take rhubarb, two drachms; brandy, one ounce and a half; cinamon-water, one ounce: infuse (over hot coals) an hour; to the strained add syrup of roses solutive, one ounce; oil of nutmeg, one drop; powder'd rhubarb, half a scruple: mix.

A lenient Bolus for a Flux or Looseness.

TAKE powder of the best rhubarb, one scruple; salt of wormwood, five grains; syrup of clovegilliflowers, what suffices: mix, and make a bolus, to be taken early in the morning, and to be repeated once a week.

Take elixir proprietatis, one drachm and a half; tincture of coral, two scruples; natural balsam, half a scruple: mix; twenty drops in a lientery.

An Apozem for a Diarrhoea.

TAKE white decoction, two pounds; barley cinamon-water, one ounce; sugar of roses, as much as suffices: mix, and make an apozem; of which drink a draught morning and evening, and at pleasure.

A Decoction for Loosenesses.

TAKE of the powder of calcined hartshorn, an ounce; spring-water, three pints: boil them together to a quart; then strain the liquor through a coarse sieve, so that it may appear white: it stops a diarrhoea, and quenches drought in fevers.

For a symptomatick Diarrhoea, Dysentery, &c.

TAKE pomegranate-peels bruised, one ounce: boil it in three pints of water, till half be evaporated; adding, towards the last, cloves bruised, half a drachm; nutmeg, one drachm; strain, and add syrup of dried roses, three ounces; strong cinamon-water, four ounces; mint-water, one ounce; Venice-treacle, two drachms: mix. The dose four ounces, twice a day.

A balsamick Clyster for a Dysentery.

TAKE broth of sheeps-inwards, or head, ten ounces; yolks of eggs, two; Lucatellus's balsam, one ounce; sheeps-suet, two ounces: mix, and put it up just hot enough to keep the suet melted.

If the suet be kneaded, as it were, with yolk of eggs, 'twill be preserved from clotting.

By fomenting, anointing, and lining the intestines, this clyster cherishes, composes, appeases, and heals the fervors, wrinklins, tortors and ulcers; and is, says my friend, a most desirable remedy for a dysentery, after once bleeding and purging.

An experienc'd Medicine for a Dysentery or Bloody-Flux.

GIVE about three ounces of the juice of ground-ivy, mixt with one ounce of the juice of plantain, once or twice a day.

For a Bloody-Flux.

TAKE yellow wax, dissolve it in spirit of wine, and filtrate it thro'

thro' a paper, that it may remain like butter; sweeten it, and drink about a drachm thereof: it is a most excellent remedy against a bloody-flux.

For the same.

TAKE conserve of red roses, one pound; Japanearth, four ounces; earth flax, and elixir of vitriol, of each one ounce; syrup of quinces, a sufficient quantity to make it an electuary. This is proper for the most obstinate fluxes in the belly, and may be taken the quantity of a nutmeg two or three times a day, or oftener if need require.

A Pill for a Dysentery.

TAKE fine roch alum, three drachms; melt it over a clear fire, and stir into it one drachm of dragon's-blood finely powder'd: and out of each drachm of the mixture make ten pills, five of which are to be taken three times in a day.

A Draught for the same.

TAKE strong cinamon-water, and mint-water, of each one ounce; powder of rhubarb, half a scruple; syrup of diacodium, one ounce: mix, and make a draught: this both astringes and composes at the same time.

For a Flux of the Belly.

TAKE powdered rhubarb, one scruple, or half a drachm; mint and cinamon-water, each one ounce and a half; oil of nutmeg, two drops; syrup of dried roses, fix drachms: mix.

A Powder to stop a Diarrhoea.

TAKE Armenian bole, one pound; rhubarb, three ounces: mix

them together, and keep it for use. Take from half a drachm to one drachm at a dose, in any convenient liquor, as often as the symptoms require.

An almost infallible Drink to stop a Looseness.

TAKE bole armoniac, one ounce; chalk, three ounces: boil three pints of spring-water to two pints; strain, and let it settle, and pour off the clear; then add diascordium, half an ounce; cinamon-water, syrup of quinces and of dried roses, of each two ounces. It is efficacious in all dangerous loosenesses, giving the patient about four ounces at a time, shaking the bottle.

An easy Remedy to stop a Flux or Looseness.

TAKE a piece of old cheese, toast it, then boil it till all the salt is out, and afterward dry it: give a drachm of it, and it will stop a flux wonderfully.

A wonderful, easy, and certain Remedy for the same.

TAKE pigeons-dung, and boil it in rain-water, and wash the feet therewith, will certainly stop a flux.

For Gripes, &c. in Children. See *Childrens Distempers.*

See also *Feminine Distempers, Fever, &c.*

F R E N Z Y.

See *Madness.*

F U N D A M E N T.

See *Fistula, Rupture.*

G O U T.

THE gout is a disease better known than understood. It is in short justly called, The disgrace of physick and physicians, and some have doubted whether

ought should be attempted but by way of palliative in this cruel distemper, and to keep it from the nobler parts: more particularly with regard to the inflammation that attends

tends it, that ought to be permitted to keep its ground; for if it is forced to retreat, the patient will very probably find it in a worse and more dangerous case, under the name of an apoplexy, an inflammation of the lungs, &c. Whenever therefore an attack is made by this distemper, let a person keep warm, take warm diet, drink moderately of wine, and that not the weakest; let him avoid sour diet and pickles: let him consider whether he has it by accident, or by inheritance; and as there are two ways to deal with it, so let it be consider'd which best suits his particular case: for it may be eradicated, or the symptoms only should be attempted to be alleviated, that worse consequences may be avoided.

If a radical cure of the fit be aimed at, all those internal remedies must be taken, that will push it down to the extremities; the patient must either keep in bed, or in a warm room, and let him take the following bolus:

Take Gascoign's powder, one scruple; castor, four grains; powder of Virginia snakeweed, three grains; camphire, one grain; syrup of cloves, as much as suffices to mix up a bolus, to be taken morning and evening, drinking upon it three or four spoonfuls of stor'd wine; and if the pain be violent, an emollient poultice may be ventur'd upon, of mallows, shred saffron, and wheaten bread boil'd in milk, which apply'd to the part will soften and mitigate the pain, while the bolus pushes it to the extremities. Or the swell'd part may be anointed with a good gouty balsam, made with flowers of chamomile and rosemary, with seeds of rue and

fenel, infused in the etherial oil of turpentine.

An excellent physician makes the following observations on the cause of this disease, the method to be taken in it, and the diet to be pursued by persons subject to it.

The most common causes, says he, are an hereditary disposition, (which operates more strongly in this distemper, than in any other) a too rich and high diet, and too copious use of wine and other spirituous liquors, especially at supper; excess in venery; a full gross habit of body; the too copious use of acid or sour things, the gout being the only disease in which acids are very hurtful to human bodies; a sudden chilling of the feet after sweat, or drying them at the fire as being wet and cold; a sedentary life, with a plentiful diet, and intense study, and application of the mind; most commonly a gouty constitution is attended with great acuteness of parts, the nervous fibres both in the brain and the other extremities being delicate; females and young people are not subject to this disease, unless where it is hereditary.

A proper regimen of diet is necessary in this distemper, because it does not admit of very many helps from medicines, and there are no better rules than abstinence from those things which occasion it.

As one of the causes of the gout is the suppression of sweat and perspiration, the procuring a due degree of these seems to be the best preventive of it; if the feet could be made to sweat, in due time it would prevent the gout, which invades in such constitutions of the air as suppress perspiration.

Violent purging, in absence of the paroxysm, by agitating the humours

mours often hurts, and during the paroxysm, may draw the gout inwardly.

The best diet is abstinence from acid substances; the moderate use of such as promote perspiration, as substances aromatical, and volatile salts, which relieve the gouty, as they make the body perspirable; diluent liquors, taken in such a degree as not to hurt the stomach; moderation in the quantity of food and spirituous liquors; exercise without fatigue; but especially frictions of the extreme parts, daily, and often repeated; all possible methods of making the feet sweat, and much sleep.

In the paroxysm, as temperate and cool, and diluent a diet as the patient can bear; abstinence from opiates, except when the morbid matter is separating, the constant use of which will hurt; keeping the affected part warm, without the application of cataplasms; even such as are emollient, weaken and relax too much, and have been sometimes found to distort the parts.

It is of the utmost importance to know if any disease proceeds from a translation of the gouty matter; for the methods, especially evacuations, used in an original disease, would be very improper in a gouty case, where the intention must be to draw the gout down to the feet, by blisters apply'd to the thighs or legs, and acrid inflammatory cataplasms and plaisters; therefore when any gouty person is disappointed of a paroxysm which he expected by the season, or the previous symptoms, and instead of it is seiz'd with another disease, let him speedily consult his physician.

If a gouty person can bring himself entirely to a milk diet, he may

so change the whole juices of his body as to eradicate the distemper.

The approach of a fit of the gout is easily known by the inward disorders, as wind, sickness, crudities in the stomach, a drowsiness, &c.

The Lord Bacon gives the following directions in relation to the gout, which we shall transcribe in honour to that great man, tho' if it had generally succeeded, as he avers it did upon him, we may presume the gout would not have been so much the foil to the physicians skill, as it still continues to be.

There be many medicines, says he, which by themselves would do no cure, but perhaps hurt; but being applied in a certain order, one after another, do great cures. I have tried myself a remedy for the gout, which hath seldom failed, but driven it away in twenty-four hours space. It is, first, to apply a poultice, and then a bath or fomentation, and then a plaister (all which follow). The poultice relaxeth the pores, and maketh the humour apt to exhale. The fomentation calleth forth the humour by vapours; but yet, in regard of the way made by the poultice, draweth gently; and therefore draweth the humours out, and doth not draw more to it; for it is a gentle fomentation, and hath withal a mixture (tho' very little) of some stupefactive. The plaister is a moderate astringent plaister, which repelleth new humour from falling. The poultice alone would make the part more soft and weak, and apter to take the defluxion and impression of the humour. The fomentation alone, if it were too weak without way made by the poultice, would draw forth little; if too strong, it would draw to the part, as well as draw from it. The plaister alone would pen the humour already

already contained in the part, and so exasperate it, as well as forbid new humour: therefore they must all be taken in order, as is said. The poultice is to be laid to for two or three hours. The fomentation for a quarter of an hour, or somewhat better, being used hot, and seven or eight times repeated. The plaister to continue on still till the part be well confirmed.

1. The Poultice.

Take of manchet, about 3 ounces, the crum only thin cut: let it be boiled in milk, till it grow a pulp: add, in the end, a drachm and an half of the powder of red roses; of saffron, ten grains; of oil of roses, an ounce: let it be spread upon a linen cloth, and applied lukewarm, and continued for three hours.

2. The Bath or Fomentation.

Take of sage-leaves, half an handful; of the root of hemlock sliced, six drachms; of briony-roots, half an ounce; of the leaves of red roses, two pugils: let them be boiled in a pottle of water, wherein steel hath been quenched, till the liquor come to a quart: after the straining, put in half a handful of bay-salt. Let it be used with scarlet cloth or scarlet wool dipped in the liquor, hot, and so renewed seven times, all in the space of quarter of an hour, or little more.

3. The Plaister.

Take of emplastrum diachalcit, as much as is sufficient for the part you mean to cover: let it be dissolved with oil of roses, in such a consistence as will stick, and spread upon a piece of Holland, and applied.

Many prescriptions have been publish'd on this head, and divers methods try'd by different persons; but the following recipes have been approved in particular cases, and some of them afford matters

necessary to be known by all persons subject to this distemper.

A Decoction for the Gout.

TAKE burdock-roots, four ounces; chamæpitys, four handfuls: boil in water three pints to twenty-eight ounces; strain, and add magistral worm-water, four ounces; spirit of scurvy-grass, elixir proprietatis tartariz'd, each two drachms: mix: This is a prescription of a learned physician, who tells us, that by reason of its *stomachick* virtue, it corroborates the ventricle and intestines, and prevents the morbid matter from falling on them: that by reason of its *digestive* faculty, it keeps the blood in a due mixture, and hinders its fusion. That by reason of its *neurotick* quality, it comforts the nerves, and restrains the raging exundescence of the spirits. And that, lastly, by reason of its *diuretick* force, it drains off the gouty humours by urine, and so secures them from rushing into the joints.

A Clyster for the Gout in the Intestines, and for a malignant Fever.

TAKE Canary wine, one pint; diascordium, half an ounce; yolks of eggs, two: mix.

But half the usual quantity is prescribed, to the end that it may the longer be retain'd in the body.

What cordial juleps are to the stomach, the same this clyster is to the guts; for it refreshes them, and rouzes them up, whereby they are enabled to perform their business briskly; and throw out whatever is offensive to nature; and at the same time defend the viscera themselves.

For the Gout in the Stomach.

TAKE of hartshorn and Virginia snake-root, each one scruple; milk-water, one ounce and a half; plague-water, half an ounce; syrup of

of saffron, two drachms: mix them up in a draught, and drink it when you have the gout in your stomach.

A Foment for the Gout.

TAKE ground-pine, southern-wood, each four handfuls: boil in water three quarts to two quarts; in the strain'd dissolve salt of tartar, and salt armoniack, each two ounces.

It maintains and strengthens the tone of the part; and (which makes it safe) in the mean time repelleth not at all; for repellents in the gout are sometimes exceeding dangerous, because they may drive the morbidick matter to the stomach or brain.

Fine Pills for Prevention of the Gout, and for cold Stomachs.

TAKE gum of guaiacum, aloes, each one drachm and an half; balsam of Peru, enough to make them up: mix. The dose half a drachm before supper.

To check Fits of the Gout, and in some measure to prevent them.

TAKE three ounces of sarsaparilla slic'd and cut thin: to these add an equal weight of raisins of the sun, rubb'd very clean, but not broken: put both these ingredients into three quarts of spring-water, and let the vessel stand in a moderate heat, that the liquor may simmer for many hours, yet without bursting most part of the raisins: keep this decoction well stopp'd, and let the patient use it for his only drink, till he need it no longer.

A speedy Remedy for Gout-pains.

TAKE good spirit of sal armoniack, and with a feather dipt in it moisten gently all the part or parts affected.

A Medicine that almost presently appeases the Pains of the Gout.

TAKE of black soap, four ounces; choice wood-foot finely sifted, about a drachm and a half; and add to these about half the yolk of an

egg: incorporate them diligently together, and spreading the mixture somewhat thin, apply it (the cold being first taken off) by way of cataplasm to the part affected.

A choice Plaister to strengthen the Joints after the Gout, and hasten the going off of the Pain.

TAKE of Paracelsus and diapalma: melt them, and incorporate them exactly together, and spread the mixture very thin upon fine leather, to be us'd as a plaister to the part affected.

To appease the Pain of the Gout, and by Degrees lessen the Fits.

TAKE one part of sal armoniack, and three parts of spirit of wine, neither of them too well rectify'd: shake them together, (and if you please digest them a while) and having dipt old but clean linen rags in the mixture, apply them to the part affected, shifting them now and then, as need shall require.

To restore Fingers bent to the Palm of the Hand, by the Gout, to their usual Pliability.

PUT two handfuls of the finest shreds of glovers leather to a quart of lees of new ale or sack, and boil them to a pint. Rub this glutinous liquid upon the part affected night and morning (heated over a chafing-dish of coals, as hot as it can be well borne) for a quarter or half an hour together. It has been attended with most useful and salutary effects.

To keep off the Return of a Fit.

AFTER the fit is gone, and you are as well as you have known yourself to be after any fit, take a gentle purge of aloes once a week, so gentle, as that you may go about business with it, beginning soon after you are well, and continuing to take it as long as you live. This, says the Rev. communicator, cured

a person whom I knew, at sixty-four, who liv'd to the age of eighty, without having another fit.

An Ale used with Success in the Gout, flying Pains, Rheumatick Affections, Dropsy, &c.

TAKE guaiacum, sassafras, each one ounce; ground-pine, germander, each two handfuls: boil in wort (instead of hops) from six to four gallons, into which hang the following bag of ingredients to ferment: Take roots of avens, half a pound; hermodactyls, four ounces; agrimony, sage, betony, each four handfuls; dodder of thyme, stoechas flowers, each two handfuls; raisins stoned, half a pound: dispense according to art.

This is also good for diseases caused by too much, and too sharp serum, and from relaxation of the tone of the parts. One pint twice a day to be taken.

Dr. Sydenham's Electuary for the Gout.

TAKE conserve of garden scurvy-grass, one ounce and a half; conserve of Roman wormwood, and the yellow part of an orange, of each one ounce; angelica, and nutmeg candied, of each half an ounce; Venice treacle, three drachms; compound powder of aron, two drachms: make an electuary with a sufficient quantity of syrup of oranges: let the patient take two drachms of it twice a day, drinking five or six spoonfuls of the following water after it:

Take the roots of horse-radish sliced, three ounces; garden scurvy-grass, twelve handfuls; water-creffes, brooklime, sage, mint, of each four handfuls; the peels of six oranges; two nutmegs beaten; mum, twelve pints: distil them in a common still; draw off only six pints for use.

Mr. Miller of Chelsea gives the following Account of the Virtues of the Herb Speedwell in this Distemper.

I Cannot, says he, in his second volume of the gardener's dictionary, omit mentioning the virtues of the common Speedwell, which have caused it to be in great request of late. It is found an excellent remedy for the gout, and all rheumatick disorders. The method is to make a tea of the dry'd herb, the quantity to be used is about a quarter of an ounce, from which four common dishes of tea may be drawn: these are to be drank every morning, until the patient finds relief. To this some add the dry'd herbs of bog-bean and ground-pine, which they mix in equal quantities, and make a tea of them, from which many persons have received great benefit.

Professors Boerhaave and Oosterdyke's Regimen for the Gout, prescribed to a Gentleman who consulted them on this Occasion.

THEY are of opinion that the gout is not to be cured by any other means but a milk-diet, which will in twelve months time alter the whole mass of blood; and in order thereto the following directions must be strictly follow'd:

1. You must not taste any liquor; only a mixture of one third milk, and two thirds water, your milk as new as you can get it, and to drink it as often as you have occasion for it, without adding any other to it. A little tea and coffee is likewise permitted, with milk.

2. In a morning as soon as awake, and the stomach has made a digestion, you must drink eight ounces of spring-water, and fast two hours

after; then eat milk and bread, milk-pottage, or tea with milk, with a little bread and fresh butter.

3. At dinner you must not eat any thing but what is made of barley, oats, rice, or millet-seed, carrots, potatoes, turnips, spinach, beans, pease, &c. You may likewise eat fruit when full ripe, baked pears or apples, apple-dumplings, but above all milk and bisket is very good, but nothing salt or sour, not even a Seville orange.

4. At supper you must eat nothing but milk and bread.

5. It is necessary to go to bed betimes, even before nine o'clock, to accustom yourself to sleep much, and use yourself to it.

6. Every morning before you rise, to have your feet, legs, arms, and hands, well rubb'd with pieces of woollen cloth, for half an hour, and the same going to bed. This article must be strictly observed, for by this means the humours, knobs, and bunches will be dissipated, and prevent their fixing in the joints, by which they become useless.

7. You must accustom yourself to exercise, as riding on horse-back, which is best, or in a coach, chaise, &c. the more the better; but take care of the cold weather, winds, and rain.

Lastly, In case a fit of the gout should return, and be violent, which they are of opinion will not, then a little dose of opium or laudanum may be taken to compose you; but no oftner than necessity requires. And the gentleman having put the question as to an *hereditary gout*, the professors gave it as their opinion, that if he would strictly resolve to follow the foregoing directions, it would be of no consequence to him, that he derived his

gout either from father or mother. The gentleman accordingly did follow them, and obtained a perfect cure, and afterwards return'd by degrees, to his former moderate way of living, in which he did so well, that he desired what is above might be communicated for the general good, which was accordingly done in a Daily Paper, March 28, 1730.

We shall conclude this article with the following recipe, published under the title of

A Cure for the Gout.

Published by Thomas Sandeford and Edward Gent, both of the City of Kilkenny in Ireland, who petitioned the King for a Reward for the Discovery of it.

TAKE half an ounce of hiera picra, and eight grains of cochineal, both in fine powder; put both into a pint of the best red port: let it stand at least twenty-four hours; shake the bottle well and often during that time, but shake not the bottle for three or four hours before you draw off any of the tincture for use: take of this half a quartern to near a quartern, according as you find yourself strong or weak. You must continue taking of this every second, third, or fourth day, till you take the whole pint; and if the gout returns, take another pint as before, and so do to every fit. This tincture, if taken in a fit of the gout, in a few hours dissolves all particles in the blood which cause the pain; and if pursued as before directed, will in time work them all out of the blood. It likewise carries off all new swellings soon, and all old swellings in time. You may use posset-drink with this as with other physick, yet if you take nothing after it, it will work very well: the

the properest time of taking it is in the morning fasting, or at night, if you do not eat or drink for four or five hours before: continue in bed from the time of taking it, till it purges you downwards by stool, which will be in about twelve hours time; but if you have not a stool in that time, take a large spoonful more. If you have the rheumatism or sciatica, take the tincture as before, but in a larger quantity. I caution all people that take this, to have special care that they do not take cold, for it will cause many to sweat greatly for a time, and if they take cold, will be apt to be grip'd; which if they are, a little mull'd port-wine, or a spoonful of the tincture, immediately eases them.

N. B. The hiera picra must be made according to Quincy's dispensatory.

See *Pleurisy, Rheumatism, Sciatica, &c.*

G A N G R E N E.

See *Mortification.*

G O N O R R H O E A.

See *Venerreal Distempers.*

G R A V E L.

See *Stone, &c.*

GREEN-SICKNESS.

See *Feminine Distempers.*

G R I P E S.

See *Childrens Distempers, Fluxes, &c.*

G U M S.

See *Teeth.*

G U N P O W D E R M A R K S.

See *Wounds.*

HÆMORRHAGES, or excessive BLEEDINGS.

Herm. Vander Heyden observes, That in violent bleeding at the nose, when the blood hath issued forth in manner of a torrent, the speediest and most certain remedy (when all other means have failed) hath been, to put the patient's feet into warm water, as far as to the very knees: as it happened to one that was at the very point of death; whence by the trial of this experiment he was happily recovered, when both his legs and thighs, for want of blood, had now grown cold; and no wonder for his blood flying up to his head, he had lost no less than eighteen pints of it at the nose, as by most exact observation was found. And *Vigo* advises the same in a quinsy.

Bleedings have been stopt, when nothing else would do it, by putting the testicles in sharp vinegar, which hath caused a sudden recess of the spirits. Some prescribe letting blood in an ad-

verse part for a revulsion. Custom has stopt blood, as in a famous instance which the Lord *Bacon* gives of the Prince of Orange, who in his first hurt by the Spanish boy, could find no means to stanch the blood, either by ligament or medicine; but was fain to have the orifice of the wound stopped successively one after another by mens thumbs, for at least two days space; and at last the blood, by custom only, retired into its old channels.

The following receipts are of peculiar excellency in hæmorrhages.

Mr. Boyle's Syrup for Spitting of Blood, and Hamorrhages.

TAKE comfrey-roots, six ounces; plantain-leaves, twelve handfuls: cut, beat, and strain out the juice; to which add an equal weight of sugar, and boil it up to a syrup.

He must be a mere stranger in physick, says Dr. *Fuller*, that is not acquainted with this most noble syrup, and how mightily

it succours those that cough up blood.

Mr. Boyle's Electuary for the same.

TAKE white poppy and henbane-seed powder'd, each half an ounce; syrup of corn-poppy, conserve of red roses, each one ounce and a half: mix. This honourable author gives it high and deserved commendations. Take the quantity of a walnut twice a day, after due bleeding and gentle purging.

Lucatellus's Electuary for inward Bleeding, &c.

TAKE conserve of red roses, two ounces; conserve of heps, one ounce; Lucatellus's balsam, half an ounce; species of diatragacanth frigid, one drachm; syrup of balsam, three drachms: mix.

It thickens, restringes, heals, and is profitable against hoarseness, cough, spitting of blood, and all inward hæmorrhages whatsoever: is good even in a consumption itself, provided it be not a confirm'd one too far gone.

Let the quantity of a small bean be exhibited thrice a day.

Against vomiting of Blood, internal Bleeding, immoderate Menfes, &c.

TAKE frog-spawn water, two ounces; syrup of dried roses, two drachms; powder'd Japanick earth, one scruple; sugar of lead, four grains; oil of cinamon, one drop; liquid laudanum, twenty drops: mix. Frog-spawn for distillation, *Ettmuller* says, should be gather'd a few days before the new moon; it will stink, tho' never so often distill'd.

A balsamick Bolus in Hemorrhages, &c.

TAKE conserve of red roses, Lucatellus's balsam, each half a drachm; balsam of Peru, three drops: mix. It is a prevailing medicine against an inveterate cough,

and recent consumption, spitting of blood, dysentery, contusion and inward bleedings by open'd or broken vessels.

For a violent Bleeding at the Nose.

FOLD a linnen cloth, and dip it into half a pint of vinegar, in which one ounce of sugar of lead is dissolv'd, and apply the cloth cold to the region of the heart, and as often as it waxes warm, repeat it cold: it will at first, by reason of its coldness, strike the patient into a kind of shaking like an ague fit; but in a small time after, let the flux of blood be ever so violent; it will stop it, as is averr'd by an eminent physician.

Another.

TAKE vinegar, one pint; and dissolve in it over the fire, one ounce of nitre, and a drachm of camphire, and apply it cold to the region of the breast, and it will marvellously stop enormous bleedings at the nose.

To stop the bleeding at the Nose.

TAKE nitre, two drachms; alum, one drachm; white-wine vinegar and lime-water, of each one ounce: mix them, and dip in a tent, and put it up the nostril, and apply them fresh several times in an hour to prevent a relapse.

To stop a violent Bleeding of the Gums.

TAKE the powder of roch-alum, white vitriol, tartar vitriolated, of each an ounce and a half; white-wine vinegar and claret, of each one ounce: mix, and wet lint, and apply it to the gums as occasion requires.

To prevent Spitting of Blood.

TAKE horse-hoot dried, four ounces; sugar of roses, two ounces. make them into a fine powder, and take half a drachm every six hours.

A Water against Spitting of Blood.

TAKE comfrey-leaves the greater, Solomon's seal, plantain, and burnet, of each four handfuls; liquorice-root, two ounces: infuse them cold for two days in two gallons of lime-water: drink of it six ounces every morning for four or five days together: it infallibly cures the spitting of blood.

To stop a Bleeding at the Nose.

TAKE a dried toad, sew it in a bag, and wear it at the pit of the stomach.

Another for the same.

TAKE the moss that grows on a man's skull, and use it in the same manner: it will infallibly stop the bleeding, as has been experienced by the great Mr. Boyle upon himself, and several other eminent persons to whom he communicated it.

For *Bloody-Flux*, *Dysentery*, &c.
See *Fluxes*.

For *Floodings*, &c. See *Feminine Disorders*. See also *Piles*, *Wounds*, &c.

HÆMORRHOIDS.

See *Piles*.

HEAD-ACHS, &c.

Head-achs are of many kinds, as internal or external; essential or sympathetical; hot or cold, &c. In the warm states of blood the pain is acute, pungent and very troublesome, but in the phlegmatick it is a heavy and dull pain; the first proceeding from a salt and acrimonious blood; the other from the sluggishness of the blood, whence a dull and stretching pain arises. The warm head-achs are capable of driving the patient into madness, and the cold into lethargies. All these different head-achs require discharges, as they generally proceed alike from plenitude or plentiful feeding. In the warm ones bleeding is the principal; in the cold ones purging and blisters are required. Wherefore in the cholerick head-ach draw blood from the arm according to the strength of the patient, and violence of the symptoms. But in the phlegmatick purge with the following pills:

Take mercurius dulcis, eight grains; pills of cochiaz the lesser, twenty grains; oil of cloves or nutmegs, four drops: make five pills, to be taken in a morning,

keeping warm all day, and drink broth.

In both cases after proper discharges, it will be proper to take altering medicines. In the *hot states*,

Take asses-milk, half a pint in a morning, with a scruple of crabs-eyes in the first spoonful, drinking the rest after it.

Hippocrates, it may be said, blames milk in head-achs; but it must be distinguish'd, that tho' milk would increase an head-ach from *phlegm*, it will cure one produc'd from *salts*.

Let a scruple of sal prunellæ, in a glass of water, be given twice a day; and after discharges and altering medicines have been thus given, opiates, if the pain requires them, may be taken.

In the phlegmatick head-ach proceed thus:

Take cephalick-water; three ounces; bawm-water, six ounces; sal volatile oleosum, one drachm; sugar, what suffices: mix, and take two spoonfuls often in a day.

The cephalick-water is thus made:

Take flowers of lily of the valley, eight handfals; rhenish wines, two pounds: let them infuse for thirteen days and nights; then add piony-flowers, three handfals; after these have stood three days and nights, distil them off: and in this distilled water let stand flowers of lavender, rose-mary, and Arabick stoechas, of each one handful; cloves, two drachms; nutmegs, a drachm and half; cubeb-seeds, a drachm; fresh piony-root, an ounce: let them infuse, distil again, and to this last liquor add black cherries bruised, one handful.

Or, take eight or ten grains of the following epileptick extract dissolved in a glass of white-wine twice a day; viz.

Take Russia castor, an ounce and a half; of amber, two ounces; of mistletoe of the oak, one ounce; yellow saunders, half an ounce; species diambree, half an ounce; piony-seeds, two drachms; flowers of lime-tree, and flowers of piony, of each half an ounce; mace and galingal, of each a drachm and a half: make an infusion in spirit of wine, then extract it, adding volatile salt of hartshorn, three drachms; of native cinnabar, two drachms; of prepar'd pearl, half an ounce; of opium, half a drachm: mix well, and make up an extract for phlegmatick pains in the head.

These sort of head-achs will also frequently yield to volatile spirit of hartshorn alone, if taken to forty or fifty drops in wine twice or thrice a day.

Hysterick head-achs are reliev'd by strong snuffs, which will make the nose run much, or by blisters behind the ears. The snuff may be either turbit mineral, or white-

mercury precipitate, mix'd up with liquorice-powder, and snuffed up into the nostrils, which will carry off a great many humours: but as mercury taken this way will give cold, the person ought to keep at home till the effects are over.

Thea is also of good use in cases of the head which depend on gross or viscous humours, or upon acids that prick the membranes.

Coffee is also good in head-achs which are called *sympathetical*; that is, in such where the malady don't lodge in the head; but not in such as thea is useful in, and which proceed from acrimonious causes.

We shall add to the above, the following approved prescriptions, which have been very efficacious in several cases, besides those we have already mentioned.

For an Head-ach from a foul Stomach and Crudities.

TAKE fenna, half an ounce; rhubarb, agaric ty'd up, species of hiera, each two scruples; white-wine, one pint: macerate and strain.

Let three spoonfals be given at night, and four the next morning, each other day, with slight observance.

A Cataplasm for a pulsing Sort of Head-ach.

TAKE red roses dried and cut small, four scruples; white-poppy seeds bruised, oil of roses, each half an ounce; barley-meal, one ounce; vinegar, enough to temper it into a consistence.

It is to be applied lukewarm to the forehead.

An excellent Infusion for Mists and Clouds of the Head, Vertigo, Dizziness, Head-ach, &c.

TAKE dry peacock's dung, (the white part) four ounces; millepedes alive bruised, one ounce; black-cherry water, white-wine; each

each one pint, and a half: let them stand cold twenty-four hours; then having clarify'd it, by often passing it thro' a flanel bag, add Langius's antepileptick water, three ounces; spirit of lavender compound, one drachm and a half; oil of nutmeg, three drops; syrup of piony compound, six ounces: mix, and give a quarter of a pint nights and mornings.

For an apoplectick Pain in the Head.

BEAT ground-ivy, and strain out the juice; put to it a spoonful of powder of marum, but not enough to thicken the juice; then take a leaf of tobacco, and make it very wet in this juice, roll it up, in pellets, and put it up your nostrils; as fast as it hardens, put up a fresh one, 'twill give present relief, and is much better than either liquid or dry snuff.

A specifick Powder for convulsive Affections, Vertigo, Cloudiness, and Head-ach.

TAKE powder de gutteta, native cinnabar prepared, each half an ounce: mix.

It is an observation worth noting, says Dr. Fuller, that pertinacious pains of the head, almost to madness, have been happily cured (when other means had been to no purpose) with this pulvis de gutteta alone, and an infusion of primrose-flowers, betony, or tea.

Cephalick Pills.

TAKE pill scetid, fifteen grains; rosin of jalap, castor, salt of amber, each five grains; oil of amber, two drops; spirit of lavender compound, as much as sufficient to make all up into five pills.

These are of a middle operation, neither weak nor strong, and are extraordinary agreeable, where persons, obnoxious to the head-ach,

paralytick, sleepy, convulsive, or hysterick affections, have need of purging. Take two at bed-time, and the other three the next morning, keeping within doors that day, but without any great observance.

A Cephalick Plaister.

TAKE plaister of betony, half an ounce; caranna, tacamahaca, each three drachms; powder'd balsam of Tolu, two scruples; balsam of Peru, (or capive) one scruple: mix.

It warms and strengthens the head, is accounted good in a cold head-ach, giddiness, night-mare, epilepsy, palsy, deafness; and is commonly prescribed for convulsive and drowsy affections.

A Receipt of Dr. Boerhaave against Dizziness.

TAKE conserve of anthus, powder of calamint, and preserv'd ginger, each two ounces; a sufficient quantity of syrup of ginger: mix it, and make a conserve.

An exceeding good Snuff for the Head.

TAKE of sage, rosemary, lilies of the valley, tops of sweet-marjoram, of each half an ounce; of nutmeg, and of asarabacca roots, each one drachm: dry them, and reduce them to a very fine powder.

An experienced Sternutatory to clear the Head.

SNUFF up in the morning fasting, a small spoonful, or less, of the clarify'd juice of ground-ivy, or of beets, spitting out from time to time as much liquor as comes into your mouth.

To make an excellent Cephalick or Head-powder, good also for the Eyes.

TAKE the leaves or flowers of betony, marjoram, and damask roses, also the flowers of sage and rosemary, all at discretion. To these add the powder of lignum aloes,

aloes, and some seeds of nigella romana. Reduce all these to powder, to be us'd as a hair powder, when the patient goes to bed.

A slight, but excellent Medicine to take off Fits of the Head-ach.

TAKE about a handful of fresh rosemary, and boil it for a pretty while in a quart of common water, then almost fill with it a pint pot, or rather a mug; let the patient cover his head and face with a napkin, so that he may receive the steam as hot as he can well bear, and keep the vessel there as long as he finds the steam strong enough.

For the Head-ach.

TAKE green hemlock, that is tender, and put it in your socks, so that it may lie thinly between them and the soles of your feet: shift the herb once a day.

Against a Vertigo.

TAKE of Cyprus-roots, two ounces; of aniseed, half an ounce: make of both a very fine powder, and take as much as you can lay on a sixpence, in a spoonful of wine, beer or ale, when you go to bed. This medicine continued for five nights, (besides other patients) cured a woman, who for divers years was troubled with a vertigo, and had used all sorts of other remedies, prescribed to her by London physicians to little or no purpose.

For a nervous Head-ach.

TAKE of the gum pills, and the pills of wash'd aloes, of each two drachms, with a drop or two of oil of cinamon: make them into middling pills: of these take three regularly once every week going to bed; and at other times as often as the head-ach returns; or as you are to be employ'd in affairs that require study or application.

Scheffer's Cephalick Balsam.

TAKE volatile salt of hartshorn, and of sal armoniack, each one drachm; chymical oil of mace, one scruple; highly rectify'd spirit of wine, one ounce: digest according to art. This is a sort of sal volatile oleosum, to be dosed from twenty to thirty drops, and taken in a vehicle suitable to the intention, against pituouse distempers of the brain and nerves, stuffing and heaviness of the head by a cold palsy; as also against palpitation of the heart, hypochondriack and hysteric affections. In a word, it may be useful where-ever volatile enlivening salts are indicated.

A Medicine to bring away Filth from the Nostrils.

TAKE turbith mineral, half a scruple; powder of liquorice, half a drachm; nutmeg, one scruple; oil of rosemary, two drops: make it all into a powder, to be snuffed up into the nose in a very small quantity.

Those sorts of medicines, which physicians call *Errhines*, are to be us'd chiefly in the morning, but, if need be, at any other time also: they draw out of the head and nose abundance of water, mucus, and viscid phlegm, and are pertinently prescrib'd against such illnesses of the head, as are caus'd by tough, clammy matter, and have been of long continuance and obstinate, such as gravitative head-ach, palsy, and drowsy distempers.

This of turbith is wonderfully powerful, brings off especially thin lymph (as tho' it rais'd a salivation thro' the nose) so plentifully and streamingly, that none can imagine it who hath not seen it: but if repeated too often, 'twill fret the membrane of the nostrils, and make it sore; therefore, after every time of

Heart-burn. in PHYSICK, &c.

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of using it, it would not be amiss to snuff up warm milk or oil.

Another for the same.

TAKE marjoram-water, (or tea made with marjoram) one ounce: dissolve in it salt of vitriol, half a scruple.

Estmuller takes white vitriol, two drachms; water, eight ounces: dissolves, and lets it stand to precipitate. Sometimes he allows but two scruples to eight ounces; but if it be too strong, it may easily be weak-

ened to any degree with water.

'Tis one of the best medicines to bring away mucus, and plenty of rheum: and if it be made mild, it may be used to new-born babes, when their nostrils are stoppt.

See *Apoplexy, Epilepsy, Hypochondriack and Hysterick Disorders, Palsy, &c.*

HEARING.

See *Ear.*

HEART.

See *Cordials, Stomach, &c.*

HEART-BURN, CRUDITIES, &c.

THE cardialgia, or heart-burn, (as 'tis called, not very properly) is a very troublesome pain in the upper orifice of the stomach. It may be caused by stale liquors, vinegars, spices, &c. By indigestion, exercise too soon after eating, over-much eating, emptiness, worms, &c. It is sometimes so great as to cause a nausea and vertigo. A slender diet consisting of gruel, panada, sago, fat broths, oils and jellies, are proper for it. A due quantity of any testaceous powders, such as oyster-shells, crab's-eyes, &c. seldom fails to remove it; and less seldom still the inner coat of a fowl's gizzard, dry'd, beaten to powder, and taken about one drachm at a time, especially when the stomach is almost empty.

Those subject hereto may always carry about them some lozenges made as follows, which generally are of great and immediate efficacy.

' Take calcin'd oyster-shells, washed by time on the sea-coast, so as to be as white within and without as mother of pearl; dry them well by the fire, and let them be beat and sifted as fine as possible: mix half a pound of it with half a pound of loaf-sugar well beat and sifted: wet it with a spoonful

' or two of milk and water, to make it a very stiff paste; then mould them into lozenges neatly, and bake them very dry in a slack oven, after every thing else is drawn.' These lozenges effectually sweeten the sour humour in the stomach, and help digestion. A trial of it on vinegar will demonstrate its immediate efficacy.

' Two drachms of chalk, one of red coral, an ounce of conserve of wormwood, taken to the quantity of a nutmeg night and morning, is a medicine that has been found effectual in the heart-burn.'

As also has the following:

' Two drachms of chalk, and two drops of oil of cloves, to half a pint of pump-water.'

Under this head we shall class Crudities arising from exercising too soon after meals, from stuffing, indigestion, &c. There are two very remarkable kinds of crudities which physicians call the *acid* and the *nidoroſe*.

An *acid* crudity discovers itself by the heart-burn, by acid eructations, by thick or viscid phlegm; by costiveness.

A *nidoroſe* crudity is attended with a heavy pain at the stomach about two hours after eating, and with belchings

belchings about five or six hours after, which are not sour, but insipid, sometimes putrid, sometimes sulphureous, and sometimes they retain the natural taste and smell of the victuals eaten; the face is often overspread with disorderly flushings; and the persons are most inclinable to be loose.

An acid or sour crudity is corrected by absorbent and alkaline medicines, by volatile aromatics, nutmeg, ginger, spirits of hartshorn, &c. The acidity being thus overcome, catharticks may be given. Cray-fish, jelly of hartshorn, &c. may be also given in this disorder. The following recipe is also good in this case; after having taken a gentle puke; viz.

- Take powder of zedoary, one
- drachm; of crabs-eyes, two
- drachms; of chalk, half a
- drachm: make into a powder,
- and divide it into ten equal parts;
- take one morning and evening in
- a glass of sack, till the sourness
- and fulness ceases.

Mint, sage, horse-radish, mustard or pepper, are also convenient salads in the acid crudity. See *Herbs*.

As to the *nidrose* or *stinking* crudity, an emetick should be given, or at least the body gently purged with rhubarb and tamarinds: and then the following is a good prescription; viz.

- Take elixir proprietatis, one
- ounce; spirit of salt, or of vitriol,
- two drachms: digest them together;
- then strain it out, and take
- thirty drops after meals in a glass
- of rhenish.

Of HERBS, ROOTS, PLANTS, &c. used in Physick.

Altho' we have already, under the head of ALIMENT, treated

Salads of sorrel, and lettuce; also raspberries, cherries, and such cooling things, and sour fruits, are good in this putrid sort of crudities. See *Herbs*.

The following receipts are well recommended, as by their titles.

An infallible powder for the Heart-burn, and swooning Fits.

TAKE the whitest chalk, six ounces; crabs-eyes, crabs-claws, of each one ounce and a half; treble refin'd sugar, half an ounce; oil of nutmegs, six drops: mix, and make a powder, adding to it fine bole, six drachms. Give the patient one drachm in the morning fasting, and at night going to bed, for a fortnight together, taking a gentle purge once in six days to carry it off.

An infallible Emulsion to cure the Heart-burn.

TAKE barley-water, two pints; dissolve in it gum arabick, three ounces; add to it crabs-claws finely sifted, one ounce and a half; a sufficient quantity of fine sugar: mix, and make an emulsion. It infallibly cures the heart-burn, thickens and sweetens the blood, is good in stranguries and gonorrhoeas, and useful in all complaints from sharp humours.

In almost all weaknesses and distempers of the stomach, chewing of rhubarb is good, especially in costive cases.

Always observe, that stomachick medicines be given in a small dose, and by intervals, rather than to overpower the stomach at once by a load of medicines.

of the properties of many sorts of roots, plants, fruits, herbs, &c. as well

well physical as edible, yet, as these vegetables make the most fundamental and efficacious part of the materia medica, we think we ought to bestow an article purposely on this subject, and be as particular in it, as our compass will admit.

And, first, we shall treat

Of the Ingredients into which Vegetables resolve themselves by the most simple Operations of Cookery and Chymistry.

The two operations, viz. making an emulsion, and vegetable putrefaction, resemble animal digestion the most. 1. In making an emulsion, the oily parts of vegetables dissolve into a white liquor resembling chyle. 2. Vegetable putrefaction turns vegetable substances into an animal nature.

Amongst the ingredients of vegetables, that which constitutes the most spirituous and fragrant part of the plant is what passes by perspiration, and exhales by the action of the sun. Every plant has its atmospheres, which have very various effects on those who stay near them, producing head-achs, sleep, fainting, vapours; as others, a great refreshment of the spirits.

If to a plant you pour hot water, and let it stand a sufficient time, the liquor strain'd is call'd the infusion of the plant.

If the plant be boil'd in the same water, the strain'd liquor is call'd the decoction of the plant.

The infusions and decoctions of plants contain their most separable parts, and convey not only their nutritious, but medicinal qualities into the blood. Of all the essential salts of plants, that which is in most common use in aliment, is sugar, which rather dissolves phlegm, than increases it; for it grows tenacious only by long boiling.

Another manner of preparing vegetables is by expressing their juices. Those express'd juices contain the essential salt of the plant; for if they be boil'd into the consistence of a syrup, and set in a cool place, the essential salt of the plant will shoot upon the sides of the vessels.

Those essential salts of plants differ, according to the plant unto which they belong; but are reduc'd into three classes: 1. Those of acid, astringent, austere vegetables, as of unripe fruits, which resemble the tartar. 2. Those of succulent watry plants, as endive, cichory, which afford a fine nitrous kind of salt, soluble in water, and very cooling. 3. Those from oily, aromatick, and odoriferous vegetables, which will hardly afford any, till their oils be extracted from them. From hence it appears, that the express'd juices of vegetables, not filtrated very clear, contain their whole specifick virtues.

In the preparations of cookery, the most volatile parts of vegetables are destroy'd. If any of them are retain'd, it is in decoctions which are made *in balneo*. Decoctions, when we take the liquor, contain the specifick virtues of the plants: when we feed upon the plant, it makes their solid parts more tender, and deprives them of a great deal of their more subtile oils.

The fibrous and solid parts of plants pass unalter'd thro' the intestines, and sometimes, by sticking there, occasion great disorders.

Grains and nuts pass often thro' animals unalter'd.

Vegetable substances contain a great deal of air, which expands itself, producing all the disorders of flatulency or windiness.

There are other preparations of vegetables by fermentation, where-
by

by they are wrought up into spirituous liquors, which may be call'd by the general name of wines. Such fermented liquors have quite different qualities from the plant itself; for no fruit, taken crude, has the intoxicating quality of wine.

See *Aliment, Diet, Digestion, &c.*

Juices of herbs, says Dr. Fuller, excellently dilute, sweeten, purify, and soften salt, harsh, torrid, and irritable blood; convey off (by urine) saline and bilious recrements, refresh the effuating, or overflowing, hypochondria, with a grateful refreshing coolness, correct a dry strigose habit with mollifying moisture; and (in my judgment) are the very first in the family of antiscorbuticks; and so much the more because they are carry'd into the blood in their true natural state, and full and intire virtues, without being perverted and spoiled by coction (or boiling), or any other ill-applied artifice. But they are more medicinal in the spring than any other time of the year; and that, not only because nature in human bodies being then of itself upon raising a *Zύμωσις* and renovation of the blood, may be easily assisted in its work; but also because the juices themselves are then in their own nature, really much richer and efficacious, as *Simon Pauli* observes, saying, An evident proof that scorbutick herbs are enrich'd with volatile salt, most especially in the spring-season, is this, that if we prepare an essence or tincture of them at the end of April, or beginning of May, 'twill look like red chio or malvatick wine; which it will not do at other seasons of the year.

Notwithstanding this, we must take notice, that many herbs have a peculiar time for gathering, when their virtue is in full strength,

more than at any other. For example,

Betony should generally be gather'd in August, as well seed as roots, it should be dry'd in the shade; or if there be a necessity for it, in the sun. On occasion, it may also be gather'd at any time for medicine; but that which is gather'd before sun-rise, is best.

Swinegrass may be gather'd when wanted.

Chamomile, in April.

Pellitory, in June, before sun-rise.

Red Dock, when you need.

Penewort, in the beginning of winter.

Taragon, in June and July.

Columbine, in Lammas-moon.

Adders-tongue, in April.

Groundsel, after mid-day.

Wallwort, at pleasure.

Violets, in March, when the sugar and syrup of violets should be made. Oil of *roses*, of *chamomile*, of *poppies*, and of *rosemary flowers*, in May.

Centaury, should be gather'd when it begins to flourish. *Baldmary*, as centaury is by some called, if gather'd in the latter end of the year, may be kept four years. The roots, which are the parts used, are known by their bitterness, and the more bitter the better; they are of a darkish yellow colour.

Organy, or wild-marjoram, are gather'd in June.

Harts-tongue, in November.

Christologi rotunda, and the other sort, in harvest-time.

The *Lichen cinereus sylvestris*, or ash-colour'd Ground-liverwort, so much recommended by the famous Dr. Mead, in the cure of the bite of a mad dog, (see *Venemous Bites*) should be gather'd in October or November.

Garlick, when you please.

Wild Garlick, when it perishes.

Agnus

Agnus Castus, when flourishing.

Gourds, at the end of September, or in October, when ripe, and laid to dry in a place where the sun comes to them all the day.

Juniper-berries, should be gathered when yellow.

Cucumbers, when ripe, and the fruit should be laid under vines, where the sun has not full force, and in a moist place, to rot, which will better the seed.

Citruls, when ripe, and should be dry'd in the sun.

If *Calaminth* be design'd to make the water of that name, it should be gather'd when it flowers, and dry'd in the shade, and then it will keep good a year, but not longer.

Saffron, should be gather'd before sun-rise.

Hellebore, in harvest-time.

Fenel, in the beginning of the same time, and it may be kept a year. *Fenel-roots* may be taken up at the beginning of the year, and will keep the same time.

Galingal, may be gather'd at any time of the year. It must be laid three days in the sun to dry, lest it rot, and then kept in the shade.

These general directions also should be observed; viz. That

Seeds should be gather'd when full ripe, and when their moisture is a little dry'd away. *Flowers*, when they begin to fade. *Herbs*, when full of moisture, and before they begin to shrink. *Roots*, when the leaves fall. *Fruit*, when arriv'd at full bigness, before they fall, and always in dry weather; and the heaviest and compactest fruit is always to be preferr'd to that which is larger and lighter.

Herbs which grow in the open fields and air, are always better than those that grow in closter gardens; and those which grow on hills best

of all, tho' field herbs, it must be observ'd, are commonly smaller than garden herbs.

Juices of herbs, says Dr. Fuller, may be preserved good for medicinal use three ways. 1. By boiling, and putting sweet oil upon them, as is used in flasks of wine. 2. By boiling away a quarter part, carefully scumming, and then adding to every pint of juice two or three ounces of brandy. 3. By letting them settle, decanting of the clear, and putting them into bottles fumed with sulphur. And this way is judged the best of all. See *Infusions*.

A Collection of medicinal Herbs, Plants, Fruits, &c. rang'd according to their several Qualities.

Tart or acid Vegetables.

The fruit, juice, flower, bark of sloes, to be given in thicken'd juices from four grains to a drachm.

Thicken'd juice of German sloe, or bullace-tree, from six grains to a drachm and a half.

Juice of a sort of sorrel.

Ladies-mantle.

Wild tansey.

Bellirica, one drachm to four.

The fruit and juice of barberries.

Root of snakeweed.

Fruit, bark and root of capers.

The unripe fruits and leaves of the cornel-tree.

The fruit and leaves of the cypress-tree.

The flowers, fruits and root of sweet-briar.

Quinces and pears, and their quiddany.

Root of fern.

Bark of ash-tree.

Flower, fruit and bark of pomegranates.

St. John's-wort, whole.

Thick

Thick juice of rape of cistus, from one drachm to five.

Leaves, flower, seed and root of dock.

Unripe fruits of medlars.

• All sorts of nuts of Egypt, from five grains to two drachms.

Myrtle-leaves.

The leaves and flowers of the large lily.

Verjuice.

Burnet.

Purflane.

Wild plums.

Sour pears.

Leaves and nuts of oak.

Cinquefoil.

Rhubarb from half a drachm to two drachms.

Rose-flowers.

Burnet.

Greater Housleek.

The fruit of the service-tree.

The fruit of tamarinds, from one to two ounces; with the pulp sufficiently press'd and cleans'd, from half an ounce to two ounces.

Tamarisk-bark.

The earth falsely call'd catechu.

Root of tormentil.

Very tender. Pot-herbs, and tender mealy Herbs.

Pot-herbs, or the like.

Orach. Potatoes, or Jerusalem artichoke. Beet. Borage. Red cabbage. Pig-nut, or earth-nut. Chervil. All the succories. Artichoke. Cucumbers. Dandelion, Endive. Almost all kinds of lettuce. Parsnips. Purflane. Turneps. Skirret-root. Vipers-grass-root. Spinach. Yellow goat's-beard-root. Meadow valerian.

Mealy Herbs, &c.

Sweet almonds. Oats. Buckwheat, or faracen-corn. Barley. Mays. Millet. Rice. Panick. Pistachia. Wheat. Rye. Spelt.

Watery, somewhat mealy, somewhat oily, soft, and mollifying Herbs, &c. used in Medicine.

Yellow-mallow. Root, leaves, flowers and seeds of vervain-mallow. Chick-weed. Daisy. English mercury. Bear's-foot. Greater, less and middle comfrey. Hound's-tongue. Henbane-leaves. Roots of white lilies. Toad-flax. Flax. Piles-trefoil, and sweet-trefoil. The leaves, flowers and root of mallows, and water-mallows. Flowers and leaves of melilot. Mercury. Pellitory of the Wall. Leaves and buds of black poplar. Self-heal. Jerusalem sage. Elder leaves and flowers. Scabious. Solomon's-seal. Nightshade. Orpine. Stinking trefoil. Mullein. Violets. Rustick vulnerary. Fresh butter. Cream. The fat of fowls, as ducks, geese and capons. Bullock's-liver. Soft oils of mild mealy ingredients. Oil of bitter and sweet almonds. Linseed oil. Oil of olives. Oil of palm. Oil of white poppy. Oil of nightshade. Oil of sweet trefoil. Oil of violets.

Vegetables against four Humours.

Wormwood. Jack-by-the-hedge. Garlick. Dill. Healthful-Wolf's-bane. Angelica. Anise. Smallage. Long-rooted and round birthwort. Wild radish. Wake-robin. Asparagus. White asphodel. Basil. Cabbage. Sweet-flag. Calamint. Holy-thistle. Lady's-thistle, Caraways. Avens. Cloves. Scurvy-grass. Onions. Less centaury. Wild carrots. Garden-rocket. Eringo. Flix-weed. Hemp-agrimony. Greater and less galangal. Elecampant. Dittander. Sweet-marjoram. White horehound. Feverfew. Spurge-olive. Navew-gentle. Water or garden-creffes. Wild penny-royal. Wild marjoram. Pepper. Leek. Pellitory of Spain. Radish-root. Rue. Sope-

Sope-wort. Satyrium. Mother-of-thyme. Savine. Summer-savory. Small hough-eek. Mustard. Squills, or sea-onion. Thyme. Treacle-mustard. Victorialis. Nettle. Zedoary. Ginger.

Stimulating Medicines are such as by their Size, Thickness, Figure, Moveableness, being impell'd against the Fibres of the Vessels, increase the contractile Force.

The Leaves of the following may be called acrid Aromaticks; viz.

Those of wormwood, southernwood, maudlin, dill, anise, birthwort, wake-robin, wood-betony, calamint, motherwort, germander, ground-pine, greater celandine, scurvy-grass, dittany, noble liverwort, flix-weed, hemp-agrimony, fenel, ground-ivy, tree-ivy, hyssop, bay, lovage, sweet-marjoram, horehound, feverfew, melissa, mint, cresses, wild penny-royal, tobacco, wild marjoram, dittander, arse-smart, leek, penny-royal, rosemary, rue, savine, sage, summer-savory, water-germander, mother-of-thyme, scotish scurvy-grass, thyme, tansey, treacle-mustard, male speedwell, nettle.

The Flowers of the following are called stimulating Aromaticks; viz.

Those of maudlin, orange, marigold, clove gilly-flower, lesser centaury, chamomile, citron, saffron, hemp-agrimony, lily of the valley, hops, melilot, Syrian herb-mastic, sage, scabious, camel's-hay, lavender-spike, tansey, lime-tree.

The Roots of the following may be called stimulating Aromaticks; viz.

Those of sweet-flag, garlick, angelica, healthful wolf's-bane, birthwort, wild radish, carline thistle, avens, onions, greater celandine, counter-poison, costmary, sweet and bitter costus, turmeric, sow-bread, cyperus, doricum, bastard dittany, root of fumitory, galingal, gen-

tian, elecampane, masterwort, fleur-de-lys, lovage, spignel, rest-harrow, butter-bur, rock-parsley, hogs-fenel, piony, leek, pellitory, pellitory of Spain, radish-root, madder, butchers-broom, male satyrium, figwort, common hartwort, squills, wild valerian, victorialis, swallow-wort, zedoary, ginger.

The following Seeds may be called stimulating Aromaticks; viz.

Those of malacca bean-tree, dill, anise, smallage, columbine, burdock, caraways, celeri, kermes-berries, coriander, cubebs, cummin, carrots, garden-rocket, flix-weed, fenugreek, juniper, bay, alifander, navew-gentle, cresses, fenel-flowers, parsnip, rock-parsley, leek, radish-root, worm-seed, common hart-wort, mustard, treacle-mustard, nutmeg, peach-stones.

The following Barks may be called stimulating Aromaticks; viz.

Those of guaiacum, sassafras, juniper, orange, citron, lemon, cascarigias, cinamon.

The following Saps may be also called stimulating Aromaticks; viz.

Those of aloe, ambergris, liquid amber, gum ammoniack, anime, assa foetida, bdellium, benzoin, elemi, fenel-giant, juniper, lack, ladaniferous shrub, mastich, myrrh, sagapenum, storax, tacamahaca, frankincense.

The following Herbs, Plants, &c. are good against Diseases arising from a spontaneous alkaline Humour.

Alcalescent Herbs, and such as generate the Alkali in the human Body.

Edible, and fit for Pickling, some poisonous.

Wormwood, jack-of-the-hedge, garlick, small madwort, wild radish, wake-robin, wild orach, asparagus, winter cresses, cabbages, white briony, black briony, turnep, treacle

treacle worm-seed, Guiney pepper, motherwort, meadow-creffes, Mexico-seeds, less centaury, germander, celandine, pilewort, scurvy-grafs, onions, toothwort, fox-glove, garden-rocket, flix-weed, German or pine spurge, hemp-agrimony, hedge-hyssop, sciatica-creffes, spurge-laurel, dittander, navew-gentle, water-creffes, garden-creffes, rose-bay, arse-smart or lake-weed, leek, radish-root, rue, favine, summer savory, lesser sharp houghceek, mustard, squills, treacle mustard, victorialis.

Milder Antiscorbutick Specificks.

Male southernwood, female southernwood, broad-leav'd wormwood, narrow-leav'd wormwood, all sorts of sorrel, all sorts of petty-sorrel, everlasting, agrimony, male pimpnel, female pimpnel, mugwort, costmary, burdock, sea-purslain, oak of Jerusalem, red-top cabbage, turnep, box, chervil, germander, ground-pine, succory, colewort, cuminoides, endive, hemp-agrimony, fenel, fumitory, both sorts of galengal, ground-ivy, sorrel, alifander, sweet-marjoram, melissa, mint, water-creffes, garden-creffes, moneywort, rhubarb, sage, scabious, water-germander, flix-wort, male-speedwell, nettle.

Aromatick fragrant Fruits.

Oranges, citrons, pomgranates, lemons, barberries, all sorts of ripe cherries, strawberries, goosberries, mulberries, four-sweet apples, apricocks, peaches, all sorts of ripe plums, the common blue bramble, the red bramble, the rasp-berry tree, elder, tamarind, the Idean vine.

The HICCOUGH or SINGULTUS.

THIS distemper, which is a convulsive motion of the diaphragm, is cured sometimes by sneezing only. Sometimes it becomes incurable.

The sharper Scorbusticks.

Acriviola, garlick, jack-of-the-hedge, wake-robin, wild-radish, wormwood, onions, greater celandine, scurvy-grafs, elicampane, flix-weed, garden-rocket, gentian, hedge-hyssop, woad, pepperwort or creffes, leek, pellitory-dragon, garden radish-root, wild radish-root, rue, favine, worm-seed, soap-wort, lesser sharp vermicular houghceek, mustard, water-trefoil.

Antiscorbuticks gently binding.

Capers, flower of broom, ash-tree, sorrel, and all its species, hops, oak-fern, rhubarb, tamarisk.

Cooling Antiscorbuticks.

Tartar, and all tartariz'd Acids.

Oranges, citrons, lemons, China oranges, pomgranates, summer-fruits four-sweet, whey, sorrel, petty-sorrel, succory, milk and water in summer, endive, lettuce, sow-thistle, butter-milk.

Strengthening, drying, clearing, antiscorbutick Herbs, proper for curing the Rickets.

Liverwort, betony, bark of root of capers, ceterach, succory, dodder, diapensia, endive, male fern, agrimony, harts-tongue, melissa, nut of Egypt plums, royal oak-fern, oak-fern, oak-leaves and acorns, rhubarb, leaves and root of bramble, wall-rue, scabious, bark, flowers and leaves of tamarisk, maiden-hair, male speedwell.

See *Aliment, Diet, &c.*

HERPES.

See *Cutaneous Distempers.*

Proper remedies are, ludanum with cordials, preserv'd ginger, stomachicks, carminatives after a vomit, and purging with calomel, &c.

Externally,

Externally, a cataplasm of sharp leaven, with powder of mint, and other aromatics suppled with oil of castor, &c.

Inwardly, the inner skin of a fowl's stomach, dried and powdered.

If the distemper is obstinate, and the patient strong, vomits are proper.

Some apply a fomentation, hot, to the stomach, with a sponge; or hot bread moisten'd with vinegar boil'd with castor, pepper, and mustard.

A quack cur'd a girl only with spirit of rust.

Diafcardium may be given to the quantity of three drachms, in fevers.

The aurum mosaicum, stoma-

chick cataplasm, spirituous and stomachick fatus's are well known to the physicians, when to be used but above all the julapium moschatum, whose effects are accounted almost supernatural.

An ounce of skirret-roots boil'd in a pint of good red-port, and a large coffee-cup full taken blood-warm, when the hiccough is troublesome, has been of service in this case.

Two or three preserved damascens have also done good even in a fever, as Mr. Boyle says.

See *Fever*, &c.

HIP-GOUT.

See *Sciatica*.

HYSTERICKS.

See *Hypochondriack Disorders*:

HYPOCHONDRIACK and HYSTERICK DISORDERS, SPLEEN, VAPOURS, LOWNESS, and other Nervous Complaints.

WE have already touched upon several species of these disorders under the heads of Apoplexy, Epilepsy, Fever, Fluxes, Feminine Disorders, Head-ach, &c. as we shall also of other species under *Palsy*, &c. but have reserv'd what follows to this head, as its peculiar place.

These melancholy distempers we need not say, are owing to a bad state of the nerves, which may be induc'd by numberless causes, as a weak constitution, hard labours in women, colds, miscarriages, long sickness, violent grief, a studious and sedentary life, &c. a richness, and, its opposite, poverty of blood, will also bring them on. In men the distempers are called *Hypochondriack*, in women *Hysterical*; in the one sex *Spleen*, in the other *Vapours*; but as the effects in both are owing pretty much to the same causes, (excepting in cases purely feminine,

for which we refer to *Feminine Distempers*) we shall rank them under one head, and give the following prescriptions for both promiscuously, from the best authorities and experience, and the rather as the titles prefix'd, or descriptions added, will point out the maladies in which they may be used with most effect and propriety.

We shall first touch upon an *hysterical Colick*, in which it will be proper to observe the following directions.

Hysterick Colick.

In this disorder there is nothing more dangerous than the use of clysters, which provoke the fibres, and excite stronger convulsions, thereby rendering the disease harder to be cur'd, and sometimes causing it to become mortal. It arises from the animal spirits being not rightly dispos'd; for if it lay in matter,

then it might be reliev'd by vomits, or purging, bleeding, &c. whereas they constantly excite this disorder; which if rightly considered, it would be found that instead of making use of evacuants, and such things as raise a perturbation of spirits, anodynes would be more proper to be given, and thereby allay the inordinate motion of them: but above all, care ought to be taken that the use of tobacco clysters which some persons are mighty fond of, be wholly laid aside, they being extremely dangerous, by causing sickness and anguish at heart, swooning, vomiting, cold sweats, death-like paleness, and other frightful symptoms. See p. 151.

For a Palpitation of the Heart, convuls'd Nerves, hurry of Spirits, involuntary Twitchings, &c.

TAKE Russia castor, one scruple; English saffron, five grains; powder ad. guttetur, half a drachm; conserve of rue, two drachms; syrup of piony, as much as will make a mass: divide into four doses, and take one morning and evening, drinking after it four spoonfuls of the following julep:

Take rue-water, five ounces; pennyroyal-water, three ounces; compound briony-water, two ounces; spirit of hartshorn, one scruple; Venice-treacle, two drachms: mix. Four spoonfuls of this julep may be also taken when a fit is troublesome.

For an Effusion of Bile or Choler, on a violent Agitation of the Spirits.

THIS often happens to hypochondriack or hysteric persons, when they are greatly afflicted or disturbed. Vomits or purges would but aggravate the symptoms; the following pills therefore have been often try'd with success:

Take asla foetida, one scruple;

gum galbanum, half a scruple; gum ammoniack, fifteen grains: mix, and make pills of a small size, and take three morning and evening in a spoonful of black cherry-water, drinking a little more of it afterwards.

The following also has been try'd successfully in the same Case.

TAKE volatile salt of hartshorn, one scruple; steel or iron, in fine powder, one drachm; extract of gentian, two scruples; balsam of Peru, so many drops as will make small pills: of which take three, morning and evening, in a spoonful of the following julep, drinking four spoonfuls afterwards:

Take black cherry-water, four ounces; rue-water, six ounces; compound piony-water, two ounces; confection of Fracastorius, two drachms; syrup of white poppy, four drachms; powder of crab-eyes, one drachm: mix.

Opiates and astringents, as the learned communicator observes, have a good effect for stopping the flux or vomiting proceeding from this hurry in the fits themselves; but he holds it safer, out of the fits, to depend upon the former recipe: tho' he observes both methods are advisable, one in, and the other out of the fits.

A generous Cordial good against the Palpitation of the Heart.

TAKE saffron clipped small, eighteen grains; cochineal, (bruised, and tied up loosely in muslin) two scruples; waters of black cherry, four ounces; of mint, two ounces: having given it a close and warm digestion for an hour, pour to it good canary, four ounces; then strain, and squeeze out the liquor, and add to it oil of cinamon, nutmeg, cloves, of each two drops; the yolk of one egg; Matthias's spirit

fit of lavender, a drachm and a half; juice of kermes strain'd, syrup of raspberries, of each half an ounce; syrup of clove gilly-flowers, one ounce; and two leaves of gold: mix up all together in a glass mortar.

For Lowness of Spirits, want of Appetite, and bad Rest.

TAKE of the bitter simple infusion, made with an ounce of bark to a quart of the infusion: add to this two ounces of the stypticum helvetic. mix, and take four spoonfuls two hours before dinner and supper for a week or ten days successively.

For Lowness of Spirits.

TAKE a pint of mint-water, an ounce of syrup of cloves, a gill of sack, and a pennyworth of lasefron; put them into a bottle, and take a glass when low-spirited.

A Cordial Caudle, in Low-spirits.

TAKE sweet almonds beaten in a mortar, twelve; yolk of eggs, two; conserve of red roses, and of gilly-flowers, each one ounce; aqua coelestis, half an ounce; canary wine, damask rose-water, each half a pint: work them about well together; then strain, and add confection of alkermes, two drachms; oil of cinamon, two drops.

For Lowness, Fainting, &c.

TAKE black cherry-water, alexiterial milk-water, each one ounce; mint-water, one drachm; epedemial, and piony compound-waters, each two drachms; confection of alkermes, one scruple; oil of nutmeg, one drop; syrup of gilly-flowers, three drachms; mix.

A valuable Powder for hypochondriack Vapours.

TAKE choice rhubarb, cream of tartar, aniseed, liquorice, of each one drachm; white sugar-candy,

half an ounce: reduce all to a powder.

A scruple may be taken two or three times a day, according as is found-agreeable and needful.

For Lowness of Spirits, Fainting, and Palpitation of the Heart.

TAKE water of black cherries, two ounces; of mint, damask roses, orange-flowers, coelestis, each one drachm; strong cinamon, and compound piony-waters, each two drachms; confection of alkermes, Gascoign's powder, each one scruple; oil of cloves, one drop; syrup of gilly-flowers, three drachms: mix.

Hysterick Powder, good to strengthen the Brain and the whole nervous System, and in a threaten'd Epilepsy.

TAKE roots of white briony, one drachm; piony-root bearing a white flower, two drachms; castor, two scruples; salt of amber, one scruple; oil of amber, four drops: make a powder.

A good Remedy for divers Affections of the Nervous System.

TAKE of the fresh roots of the male piony, one ounce; of the seeds of the same plant, two drachms: and with a sufficient quantity of the syrup of piony, or some conserve of the like nature, beat them up into an electuary, (which is best done not long before you mean to make use of it) of which the patient may take the quantity of a small nutmeg, or more if need be, twice a day; and if occasion requires it, thrice.

An excellent anodyne Application for nervous Cases.

TAKE brandy, four ounces; camphire, half a drachm; opium, two drachms: dissolve.

It comforts the nervous parts, by its warmth; appeases the rage-

ing spirits; penetrates deep; sets open the pores; attenuates or thins, dissipates; blunts the edge of the painful matter, and drives it off by sweat. It may be of use in an iliac passion, or twisting of the guts, as it is call'd.

Oil of Earth-worms, good for the Joints, and to ease gouty and wandering pains, and to strengthen the Nerves.

TAKE of earth-worms, well washed, and cut to pieces, six ounces; oil-olive, a pint and a half: boil them together, till the wine is exhaled; and lastly, strain off the oil through a piece of canvas.

For the Vapours.

TAKE gaibanum, myrrh, and assa foetida, of each a drachm; castor, half a drachm, mix'd with a sufficient quantity of balsam of Peru: make it in pills; to every drachm make twelve pills; take three every night; drink briony-water after, three or four spoonfuls.

For Sinking of Spirits.

TAKE gum ammoniac, one drachm; assa foetida, half a drachm: dissolve, and mix it in pennyroyal-water, six ounces: add syrup of saffron, half an ounce: mix them. Take two spoonfuls twice or thrice a day.

Against Low-spirits.

TAKE one ounce of pillula-foetida; of scammony, and salt of amber, each five grains; oil of amber, two drops; a sufficient quantity of balsam of Peru: mix 'em, and make five pills, to be taken next morning with proper regimen.

For Lowness of Spirits, bad Appetite, &c.

TAKE a mass of gumbose pills, and aloes wash'd, each two drachms; extractum euphraticum, and quinquina, each one drachm;

oil of juniper, a sufficient quantity: mix 'em, and make into pills; of which take three every night at going to bed. For ordinary drink, use Pyrmont-water with a little wine.

A most excellent Anti-hysterical Ja-lep, which breaks off a Fit, and often hinders its Return.

TAKE water of elder-berries, and black cherries, each six ounces; compound briony-water, one ounce: then fire four scruples of camphire, and quench it in this mixture; fire and quench it again and again, till the camphire be quite consumed: at last add syrup of elder-berries, and black cherries, each one ounce and a half: mix, and take to a dose two or three ounces.

To revive a Person in an Hysterick Fit.

TAKE burnt feathers, or brown paper, or woollen cloth, set on fire: hold it under the nose during the time of the fit.

For the same.

TAKE assa foetida, two drachms; camphire, one drachm; white-wine vinegar, four ounces: make a mixture, warm it, and let the steam go into the mouth and nose during the fit.

To prevent the Return of the Fit.

TAKE tincture of hiera picra, two ounces and a half; elixir proprietatis, one drachm: mix them for a draught.

To smell to, in order to dissipate as well as prevent the Fits.

TAKE castor, in fine powder, half a drachm; assa foetida, one scruple; oil of amber, half a scruple: mix them, and tie them up in a bit of silk. Let it be often held to the nostrils in the time of the fit. It is good to smell to at other times by way of prevention, in which

which case it has been known to have been used with success.

For the Hysterick Colick.

TAKE a drachm of zedoary reduc'd to a fine powder, and make a bolus, with a sufficient quantity of syrup of citron-peel: take it every morning and evening for thirty days together, drinking the following infusion after it:

Take half an ounce of zedoary, cut into small pieces: infuse it in four ounces of canary wine; and when it has stood twelve hours, strain it for use.

An anti-convulsive Spirit, in Hysterick or Fainting Fits.

TAKE spirit of salt armoniack, extractd with galbanum, one drachm: let it be smelt at in the fits.

An Hysterical Water.

TAKE black cherry-water, half a pound; compound piony-water, two ounces; spirit of black cherries, half an ounce; sugar, a little: mix, and make a julep; of which take three or four spoonfuls.

An Hysterical Mixture.

TAKE gum ammoniack, two scruples; galbanum, one scruple: dissolve them in black cherry-water, six ounces: and make a mixture, of which take one spoonful in the morning daily, and in the fits.

Spirit of Saffron, an excellent Anti-hysterick.

TAKE of saffron clipped small, four ounces; rectify'd spirit of

wine, three quarts; spring-water, two gallons: draw off a gallon. It is a great promoter of sweat, a comforter of the heart, an excellent pectoral, and anti-hysterick, and forwards the menses. The dose is from fifteen to twenty drops in a suitable vehicle.

Chalybeat waters are generally prescribed with success in these complainrs. See *Chalybeat*. And *Tunbridge waters* are used with good effect for the same purpose; and for the benefit of such as have not conveniency to go to that place, and entering a course of them there, the honourable Mr. Boyle, communicates a method of counterfeiting them, by taking steel filings, one part; dittill'd vinegar ten parts; he digests them in *Balneo Maria*, till they become of a gold colour; then he decants; he takes eight ounces of water, and puts four drops of this tincture into it, and it exactly resembles in taste and virtue the waters of the Tunbridge wells.

And many people have found benefit by the waters of the new Tunbridge wells, near Islington.

We shall conclude this article with a caution, against the too liberal use of spirit of hartshorn, which has been known to be attended with hæmorrhages, and so ought to be discreetly used, and in some feminine cases not at all.

See *Apoplexy, Breast, Epilepsy, Feminine Disorders, Fever, Fluxes, Head-ach, Palsy, Scurvy, &c.*

J A U N D I C E.

THE jaundice often takes rise from grief, and occasions a yellowness most commonly with the heartburn. If it inclines to greenness or blueness, it is called the Black-jaundice. The yellower it is, the easier it is cur'd. It some-

times follows the colick; in which case purge only with rhubarb, and it will, generally speaking, go away of itself; but if it should prove otherwise, use the following apozem:

Take red dyers-root, and turmeric,

• merick, each one ounce; greater
• celandine with the whole, and
• tops of lesser centaury, each one
• handful: boil 'em in spring-wa-
• ter, and rhenish wine, each an
• equal quantity, to a quart: strain
• it to a syrup of five roots, two
• ounces: mix 'em, and make an
• apozem. Take half a pint morn-
• ing and evening, till the cure is
• perfected.

Begin the cure of the jaundice
with a vomit:

• Take nine sole-root-leaves cut
• and bruised: pour in it a gill of
• white-wine, and make an ex-
• tract. Or,

• Take root of sow-thistle, and
• of greater celandine, each one
• ounce; leaves of succory, and of
• strawberries, each one handful
• and an half; white horehound-
• leaves, half a handful; senna-leaves,
• and white tartar, each three
• ounces: infuse it in white-wine
• and spring-water, each an equal
• quantity; boil it to a quart; strain
• it, &c.

If there be a suspicion of a schir-
rus in the liver, fomentations and
the following plaister are proper:

• Take mallow-leaves, wild mal-
• low-leaves, melilot-flowers, and
• chamomile-flowers, each one
• handful; melissa-leaves, and ground
• pine-leaves, each half an handful;
• fenugreek-seeds, one ounce and a
• half: boil it in two quarts and a
• pint of spring-water; adding to-
• wards the end a quart of white-
• wine for a fomentation.

Sheep's-dung infus'd in beer is a
remedy in high repute among the
poorer sort of people.

If the liver is hard, the case is
desperate; if otherwise, bathe the
side with woollen cloths; then put
upon it plaister of hemlock with

ammoniack, or of frogs with mer-
cury.

If the distemper continues long,
it is a presage of the dropsy.

Half a drachm of Castile soap,
dissolved in a draught of white-
wine, will provoke urine in the
jaundice and dropsy.

If the distemper should continue
long, Tunbridge waters should be
drank, if possible, on the spot.

In an obstinate jaundice Ethiops-
mineral is a most powerful remedy.
The white part of the excrements
of birds, which is their urine; or
the white part of goose-dung is
good in the jaundice.

A common remedy among the
country people is the swallowing
nine live lice every morning, for
five or six days, with which feve-
ral have been cured, after the failure
of other medicines.

A very skilful physician gives the
following directions under the head
of

Inflammations of the Liver.

These, says he, are not so fre-
quent, as in some other parts of the
body; but when they obtain, are
extremely dangerous, unless they
take up but a small part of the li-
ver, and such happen more fre-
quently than is commonly ima-
gined.

Some of the best cautions as to
diet may be taken from the causes
and symptoms of this disease:
Which, besides the general causes
of inflammations, are extreme fat-
ness; which, dissolv'd by heat and
inflammations, obstructs the vessels
of the liver very suddenly. An
atrabiliarian adust temper of the
blood and gall, an acrimonious or
purulent matter, stagnating in some
other organ, is more easily depo-
sited upon the liver than any other
part,

part, especially if attended with the use of hot and spicy aliments, spirituous liquors, great heat, and a fever; erosions, by the acrimony of the gall, or obstructions by viscosity; any callosity, scirrhus, or stone in the liver; thirst, long endur'd, being suddenly chill'd by cold air, cold water, or drinking cold liquors after great heat; vomits given injudiciously, when the liver is already unsound, which if they do not remove the obstruction, exaggerate the liver too much; inveterate hypochondriacal distempers: all these causes may produce inflammations of the liver.

In such a case, the liver being swell'd compresses the stomach, diaphragm, and the neighbouring viscera of the lower belly, stops the circulation of the juices, the generation and excretion of the gall, and all digestion; produceth an infinity of bad symptoms, the jaundice, with all the diseases depending upon it. A fever, an inflammation and pungent pain on the region of the liver and diaphragm, a tension of the hypochondres, yellowness of the skin and eyes, and a saffron-colour'd urine, are signs of an inflammatory disposition of the liver.

This disease ends as other inflammations, being cur'd either by resolution, concoction, and excretion of the morbid matter, or terminates in an abscess, scirrhus, or gangrene.

During the first state, a warm regimen and saffron, which is reckoned a specifick, is improper.

Cooling resolving liquors taken inwardly, as whey, with sorrel boil'd in it; outward fomentations, and frequent injection of clysters, bathing and frictions, relax, and render the matter fluid; honey,

with a little rhenish wine, or vinegar; the juices and jellies of some ripe garden fruits; and those of endive, dandelion, lettuce, are resolvent.

Violent purging hurts, gently relaxing the belly relieves, diluents with nitrous salts are beneficial, or tamarinds boil'd in warm water or whey. Bloody stools, not in an extreme degree, or only streak'd with blood, ought not to be stopped, because they help to resolve the distemper, and hæmorrhages by the nose often do the same. The feverish matter is often carried off by urine, and therefore diureticks not highly stimulating, are proper. Sweating ought not to be promoted by warm cordials, but encouraged by warm diluting liquors.

It is a deplorable case when the inflammation terminates in a supuration, unless the abscess points outwardly, so as it may be opened; for if the pus be evacuated into the abdomen, it produceth dismal symptoms, putrefaction, or an incurable dysentery, or bloody-flux.

The pus from an ulcer of the liver, growing thin and ichthorse, corrodes the vessels, it is often carried into the blood, and rejected by vomiting, with a cadaverous smell, attended with great thirst; if it is carried downward, it occasions a purulent colliquative diarrhoea; acid substances relieve most in this case.

This disease may happen to produce a cancer, or scirrhus; one cannot say that the last is absolutely incurable, because it has been known by experience that grass and fresh pasture has cur'd it in cattle; and perhaps the express'd juices of grass, and some opening plants, may do the same thing in mankind, as of the milky plants above-mention'd.

The diet prescrib'd here is necessary

sary in a jaundice, and all diseases of the liver; and abstinence from such substances as induce putrefaction, especially salted fish and flesh, and above all, strong liquors.

We shall add the following recipes, which have been found effectual in different cases of the jaundice.

Mr. Boyle's Medicine for the Jaundice in Children.

TAKE half an ounce of choice rhubarb made into powder: incorporate with it exactly, by long beating, two handfuls of well chosen and cleans'd currans. Of this electuary let the patient take every morning about the quantity of a nutmeg, for several days together.

Mr. Boyle's specifick Remedy for the Yellow-jaundice.

TAKE one part of good saffron dried, enough to be rubb'd in a glass mortar into powder, and incorporate it well with four parts of choice turmeric. In the mean time take a handful of fresh sheeps-dung, and let it steep in about a quart of strong ale in a moderate heat, till the liquor be fully impregnated with the virtue of the dung; then strain it lightly thro' a linen cloth, into a pint of it, or as large a draught within the limit as the patient can well take: give about half a drachm of the foremention'd mixt powder. This do in the morning fasting, and in the evening about bed-time, giving also another dose the morning after the first.

For the Yellow-jaundice.

TAKE rhubarb, two drachms; saffron, mace, each a drachm; hemp-seed, one handful: bruise them, and put therein a quart of white-wine, and set it in a gentle heat to extract; then take mornings and evenings in an empty stomach, about a quarter of a pint; and when

all is spent, pour on some more wine upon the ingredients, adding a little fresh rhubarb and saffron, and use it as before.

Excellent Pills for the Yellow-jaundice.

TAKE cream of tartar, cochineal, each half a drachm; Venetian soap, two drachms: beat these up into pills. Or instead of cochineal may be used Barbadoes indigo.

I have experimented these, says Dr. Fuller, and recommend them as excellent for the jaundice. Let half a drachm be given thrice a day till the disease be conquered, which will be in a short time, unless some almost invincible tumour, or obstruction in the liver, or gall-passages, hinder.

A most prevailing Medicine for the Jaundice.

TAKE Venice soap, (scrap'd very thin) from two scruples to four: boil it in cows milk from six ounces to four; then add sugar, three drachms, and strain it. Let it be given mornings and afternoons for four or five days.

A great Arcanum against the Jaundice.

TAKE troches of vipers, (or rather vipers flesh dry'd) fifteen grains; salt of amber, three grains; saffron, two grains: make a powder.

Dr. Willis's Prescription for the Jaundice.

TAKE the roots of the greater nettles, a pound; saffron, a scruple: bruise them well, and extract a tincture with white-wine. Take three ounces in the morning for four or five days.

For the Black or Yellow-jaundice.

TAKE the inner rind of barberry-bark sliced thin, one ounce; saffron, half a drachm; red sanders, half an ounce: infuse a whole night in

in white-wine, in which gads of steel have been quench'd : take a quarter of a pint of it every morning.

General Remedies proper in the Yellow-jaundice, and Diseases of the Liver.

Garden and meadow-sorrel, round-leav'd and petty-sorrel, wild couch, English mercury, wild and garden succory, dandelion, wild endive, endive, fumitory, hawk-weed, lettuce, ditch-dock, purslain.

Syrup of borage, two ounces; succory with rhubarb, three ounces; fumitory, two ounces; live-opening root, two ounces.

See Dropsy: Also Confectionary and Distillery.

ILIACK PASSION.

See Twisting of the Guts.

INFECTION.

See Odours, Plague, Venemous Bites, &c.

INFLAMMATIONS of the GUTS.

See Twisting of the Guts.

INFLAMMATORY DISTEMPERS.

See Apoplexy, Fevers, Jaundice, Madness, Pleurisy, Quinsy, Stomach, Thrush, Twisting of the Guts, Ulcers, &c.

INFUSIONS.

IN bodies containing fine spirits, which easily dissipate, the rule is, according to Lord Bacon, a short stay of the body in the liquor receives the spirit, and a longer confounds it, because it extracts the earthy part with it, which debases the finer. 'Tis therefore an error in such as think the virtue is increased by the length of the stay. But if you would have the infusion strong, in those bodies which have fine spirits, you must repeat the infusion of the body oftener. *E. gr.* Take violets, and infuse a good pugil of them in a quart of vinegar, for three quarters of an hour; then take 'em out, and refresh seven times, in like manner, the infusion with a like quantity of new violets, and it will make a vinegar so fresh of the flower, that a twelvemonth after, you shall smell it if brought in a saucer, before it come at you. It smells more perfectly of the flower, a good while after than when first made.

This rule is of excellent use for the preparations of medicines and other infusions. *Ex. gr.* The leaf of borage hath an excellent spirit to

depress the fuliginous vapour of dusky melancholy, and so to cure madness: but nevertheless, if the leaf be infused long, it yields a raw substance of no virtue. Therefore I suppose, says Lord Bacon, that if in the must of wine or wort of beer, while it works, before it be tunned, the borage stay a small time, and be often changed with fresh, it will make a sovereign drink for melancholy passions; and the like I conceive of orange-flowers.

Rhubarb hath manifestly in it parts of contrary operations; *i. e.* parts that purge, and parts that bind; and the first lie looser, and the latter deeper: so that if you infuse rhubarb for an hour, and crush it well, it will purge better, and bind less afterwards, than if it stood twenty-four hours. This is tried. But I conceive likewise, says our author, that by repeating the infusion of rhubarb several times, as is said of violets, letting each stay in but a small time, it may be made as strong a purging medicine as scammony, and it is of great importance to be able to make medicines of such benign qualities, as rhubarb,

rhubarb has, to have the same efficacy and strength, as those that are not without some malignity.

Purging medicines have generally their virtue in a fine spirit, as appears by their losing much of their force if boiled. 'Tis therefore of good use in physick, if you can retain the purging quality, and take away the unpleasant taste, which 'tis probable may be done by this course of repeated infusion. For 'tis not unlikely that the nauseous taste is in the grosser part.

The way of trying the efficacy of a long or short stay in infusions, is as follows: Let the orange-peels, or whatever you would infuse, stay half an hour in water; then take them out, and infuse them again in other water; and so the third time; and then taste and consider each water, and you will thereby perceive the different qualities of the infusion, as well with regard to strength, as to taste and smell, and so regulate your infusion accordingly.

Infusions in air (for so may we well call odours) have the same diversities with infusions in water; in that the several odours, which are in one flower or other body, issue

at several times, some earlier, some later. So we find that violets, woodbines, strawberries, at first, yield a pleasant smell; but soon after a scent quite different: which is caused not so much by mellowing as by the late issuing of the grosser spirit.

As we would chuse in some cases to extract the finest spirits, so, in others, we might be glad to discharge them as hurtful. So burning of wine, is best in agues, as it inflames less, the finer spirit being evaporated. Opium loses some of its poisonous qualities, vapour'd out, or mingled with spirit of wine, or the like. Sena loses some of its windiness by concoction; and windy or subtle spirits are generally taken off by the fire or evaporation: and even in infusions of things of too high a spirit, it were better to pour off the first infusion, after a small time, and use the latter.

See *Aliment, Herbs, &c.*

INTERMITTING FEVERS.

See *Fevers, &c.*

I S S U E S.

See *Evacuations.*

I T C H.

See *Cutaneous Distempers.*

K I B E S.

SEE *Chilblains.*

K I D N E Y S.

See *Stones, Ulcer, &c.*

K I N G ' s - E V I L,

IS a tumour hard and unequal, seldom painful; most commonly of the same colour with the rest of the body; sometimes slightly red or livid. It is hard to be cured at any time, but if hereditary, incurable; and scarce ever in persons above forty years old.

Paronychia, with a rue-leaf is sometimes taken for it infused in

beer; as is infusion of rosemary like tea; also kings-evil root. The application of a dead man's hand has been known to cure it.

White dead-nettle, boil'd in milk, turns it to curd, and alone has been found to cure the distemper.

The swelling may be dissolv'd by using the following plaister:

Take of great briony-root cut into

into thin truncheons, half a pound:
 fry it in a frying pan, till it de-
 cays: strain it, and add half a
 pound of turpentine of fir; five
 ounces of yellow wax: mix 'em,
 and make an ointment.

But above all things yet known,
 some physicians tell us, a decoction
 of colts-foot leaves has been found
 to be successful, taken inwardly for
 a long time.

A famous empirick, the honour-
 able Mr. Boyle tells us, used to do
 great matters in this distemper, by
 a strong decoction of the herb de-
 vil's-bit, taken for a great while
 together.

This honourable gentleman gives
 us the three following receipts for
 this disease:

*An approved Remedy for the King's-
 Evil.*

Set a quart of new-milk on the
 fire till it just boils up; then take
 it off, and put into it two spoon-
 fuls of the best honey, and stir
 it till it be dissolv'd, and then set
 it on the fire again, and let it boil
 two or three waimes. Then di-
 vide it into four parts, and drink
 one part warm, early in the morn-
 ing, another about ten of the
 clock, another about four in the
 afternoon, and the last a little be-
 fore bed-time. Do this daily for
 two or three months, except you
 purge, which must be once a
 week, taking (if a grown man)
 three quarters of an ounce of ca-
 ryocostinum dissolv'd in posset-
 drink. Dress the sores if they
 run, with any drawing scar-cloth,
 or a plaister of Burgundy-pitch.

The medicine, though not very
 promising, is very famous by the
 many cures done with it, by a cha-
 ritable lady, of whose ingenious
 chaplain, says Mr. Boyle, I procur'd
 it.

A useful Drink in the Kings-evil.

Take white-wine, a quart; juice
 of pellitory of the wall, a pint;
 spirit of wine, half a pint; sal
 prunellæ, an ounce: mix, and dis-
 solve; then pour off the clear, and
 sweeten with white sugar, and
 take six spoonfuls night and morn-
 ing. There is no better thing in
 the world, says my author, for
 this distemper.

*A Cure for Schrophula's and the
 King's-evil.*

Take a handful of paronychia
 folio rutaceo, call'd rue whitlow-
 grass, and by some felon-wort:
 boil it every morning in a quart
 of small-beer; strain it, and drink
 it for your ordigary drink. It
 wastes the peccant humour, ap-
 peases the pains, discusses the un-
 broken tumors, and heals the bro-
 ken ones.

The following recipes are also
 worthy of attention, having done
 great good in different cases.

*An excellent Diet-drink for the King's-
 evil, Dropfy, or any other running
 or swelling Humour.*

TAKE twelve pints of water;
 three ounces of lignum vitæ,
 half the bark, and half of chips, a
 little broken; two ounces of liquo-
 rice, scrap'd and slic'd; two ounces
 of sarsaparilla, slic'd and cut half an
 inch long; half an ounce of sassa-
 fras, shav'd; a quarter of a pound of
 raisins of the sun, ston'd: put all
 into an earthen pot close cover'd
 on the coals all night; next day
 boil it three or four hours, till a
 third part of it be consum'd; and
 before it is strain'd out, add to it
 half an ounce of senna; and when
 'tis cold, put it into bottles, and
 take seven or eight spoonfuls in the
 morning, after dinner, and going to
 bed. During the time you take
 this,

this, you must eat all drying meats.

The Salve to be put on the Leg.

Take of bees-wax, what quantity you please; and of oil-olive, double the quantity: melt them together: when it is ready to boil, pour it into a bason of cold water, and work it with the back of a spoon like butter. Do so in three or four waters, till it become pretty hard; then spread it on old Holland, and apply it to the sore. Wash the sore twice a day with skimm'd milk and water as hot as you can bear it; then put on the plaister.

N. B. After the above diet-drink is drawn off, you may put nine quarts of water to the same ingredients, and drink it as common drink, if it agrees with the stomach.

Another Plaister for the Evil.

TAKE diachylon, with the gums, one ounce; hogs-lard, half an ounce; wax, a sufficient quantity to make a plaister: lay it on the swelling.

A Decoction against the King's-evil.

TAKE herb-robert, brooklime, of each three handfuls; dead nettles, six handfuls; liquorice, aniseeds, of each one ounce; raisins, four ounces; fenna, three ounces; catharmus, two ounces; agarick,

six drachms; spring-water, a gallon: infuse, and boil them to two quarts. Take four ounces four times a day. If you omit the purging simples as the fenna, you may use it as common drink.

A Powder for the same.

TAKE sponge-stone, three drachms; sal gemmæ, two drachms; tartar vitriolate, one drachm: mix, and make a powder. Take two scruples, twice a day, for twelve days together. It is said to be specifick in the cure of the king's-evil. If there be any ulcers, strew them with it.

An Electuary for the same.

TAKE Ethiops-mineral, and cinabar of antimony, of each six drachms, earth-worms dry'd and powder'd, two drachms; salt of amber, tartar of vitriol, and cream of tartar, of each a drachm and a half; powder of arum-root, two drachms; steel prepar'd with sulphur, three drachms; syrup of the five opening roots, a sufficient quantity to make an electuary: take the quantity of a nutmeg twice a day, for near three months.

A mushroom that grew on a birch-tree put into wine, and drank, is said to have a singular virtue in curing and waisting the king's-evil.

LENTIGINES.

SEE Cutaneous Distempers.

LEPROSY.

See Cutaneous Distempers.

LETHARGY.

See Apoplexy, Fever, &c.

LIVER.

See Jaundice, &c.

LIVER-SPOTS.

See Cutaneous Distempers.

LOOSENESS.

See Fluxes, &c.

LOWNESS.

See Head-ach, Feminine and Hypochondriack Disorders. Also Distillery.

LOWSY DISTEMPER.

See Childrens Disorders.

LUNACY.

See Madnes.

LUNGS.

See Ulcers: Also Syrups in Confectionary.

MAD

M A D D O G.

SEE *Venomous Bites*, &c.

MADNESS, PHRENZY, and MELANCHOLY.

Under this head we shall class not only the distemper of *Madness* itself, but the approaches to it, *Melancholy*, *Phrenzy*, &c. and begin with

A Phrenzy, otherwise called *An Inflammation of the Brain*.

It is a disease, that, of all others, requires the speediest applications.

The first remedy is bleeding, occasionally repeated, and this will sometimes do of itself. If the patient be costive, purgatives must be avoided, because they will excite a motion in the fluids, and so increase the disorder: an emollient and relaxing clyster is therefore best to be given, which must not be sharp, but softening; and the following is very proper:

Take marsh-mallow roots, one ounce; leaves of pellitory of the wall, one pugil; chamomile, and melilot-flowers, of each two pugils; fenugreek, and line-seeds, of each three drachms; figs, one ounce: boil all these in whey, and to the decoction strain'd, consisting of twelve ounces, add lenitive electuary, two drachms; sal gem. three drachms: mix, and make a clyster, as occasion requires.

After this the rapid motion of the blood is to be attacked by refrigerating medicines; the following is a very good one:

Take poppy-water, two ounces; lettuce-water, one ounce; cinamon-water, two drachms; sal

prunellæ, one scruple; syrup of lemons, three drachms: mix, and make a draught, to be taken every fourth hour.

Let barley-water be drank plentifully, with a little juice of lemon squeezed in it; and after proper discharges have been made, and the disorder begins to give way, let the following be taken:

Take poppy-water, three ounces; cold cinamon-water, three drachms; syrup of white poppies, one ounce; salt-petre refined, fifteen grains: mix, and make a draught, to be taken whenever rest is wanting, whether by day or night.

When the patient is pretty well recover'd, which will be known by the pulse, which was strong and quick, becoming slow and equal; the urine, which was pale, becoming of a pure amber colour, and settling, and by the memory and judgment returning; it will be then convenient to give some such gentle lenient potion as the following, to divert the humours, and throw them downwards.

Take sena-leaves, two scruples; cream of tartar, three drachms; coriander-seeds, one scruple; manna, half an ounce: infuse them all night in barley-water; strain them out in the morning; take five ounces, and keep gently warm; and repeat this once or twice at the distance of one day.

Profuse hæmorrhages from the nose

nose commonly resolve this disease, and copious bleeding, by opening the temporal arteries, which are the most effectual remedies.

As to the diet proper in the case, substances which cool, and at the same time relax the belly, are highly beneficial, as tamarinds boil'd in water, which taken plentifully may at last bring a looseness, which is a great relief to the head.

Soliciting the blood to other parts of the body; therefore tepid bathings of the lower parts, and procuring the piles, relaxing fomentations apply'd to the veins, which carry the blood from the head, relieve in this disease. Cool air, and sitting up, if possible; for the warm air of the bed exagitates the blood.

The aliment ought to be slender, as water-gruel acidulated, or sub-acid ripe fruits, with their jellies; the drink small, diluting, and cooling, barley-water, small-beer, or the decoction of tamarinds above-mentioned. All such gentle anodynes as are to be found amongst the alimentary kind, are safe. See the articles of *Delirium* and *Watchfulness* in the case of FEVERS.

Melancholy, Madness.

This being a disease more terrible than death, and hard to be cur'd, when it has taken place, the approaches toward it ought to be carefully observed. These are, commonly, short sleeps, obstinate watchfulness, troublesome or terrible dreams, great anxiety of mind, with sighing, sudden fits of anger without cause, love of solitude, suppression of usual evacuations, as of the menses in women, and hæmorrhoids in men; great heat, eyes hollow and fix'd, immoderate laughter or crying without occasion; too great loquacity, and too great taciturnity, by

fits; great attention to one object, all these symptoms without a fever.

When this disease is hereditary, it is seldom cur'd.

The atribiliarian constitution, or a black viscous pitchy consistence of the fluids which most frequently occasions this disease, makes all secretions difficult and sparing; the intention therefore ought to be to render the humours fluid, moveable, and carry them out of the body, especially the bile, which is viscous; sudorificks indeed are not so proper, because they thicken.

The aliment prescrib'd in melancholy constitutions (see *Constitutions*) should be used. *Boerhaave* gives an instance of a patient who by a long use of whey, water, and garden fruits, evacuated a great quantity of black matter, and recovered his senses. Cold bath, and especially a sudden immersion in the sea, has done good by acting upon the nerves and spirits; where-ever there is any uneasiness or sensation of pain, one ought to solicit the humours towards that part, or to make the proper evacuations from them, especially (if it be possible) to procure the piles, which seldom miss to relieve the head.

The madness which proceeds from a plethora, or too great fullness, is cur'd by plentiful bleeding and purging.

The weakness which succeeds the madness requires a more refreshing and warm diet, especially the use of chalybeat waters.

Mr. Boyle gives the following remedy, which he intitles,

An experienced Medicine for a Mania, or a Madness, not very obstinate.

' Take two ounces of the berries of box, and infuse them warm (in a close vessel) in a quart of claret, or red wine, for forty-eight

eight hours; then decant the liquor, and put to it an equal quantity of the distill'd water of vervain; and of this mixture let the patient take six or eight ounces at a time, and compose himself to sweat, and rest after it. This must be daily done for a pretty while together, if need requires.

The following are also well approved in particular cases.

For Madness that is of a cheerful and raving Species.

TAKE sweet spirit of nitre, three drachms; spirit of hartshorn, tincture of castor, of each one drachm: mix them, and give forty drops thrice a day.

Another.

TAKE tincture of black hellebore, two drachms; sal volatile oleosum, compound spirit of lavender, of each one drachm: mix, and give forty drops three times.

For the same.

TAKE salt of nitre, powder of black hellebore, of each two drachms; volatile salt of amber, twelve grains: mix them, and divide them into twelve papers, and give one of them twice a day with a draught of the following emulsion:

Take the seeds of white poppies, two ounces; piony, sweet almonds husk'd, of each six drachms: bruise them, and pour upon them black cherry-water, one quart: strain it, and add compound piony-water, three ounces; spirit of saffron, one ounce; white sugar, a sufficient quantity to sweeten it; and the patient may drink of it at pleasure.

An Emetick Draught for Madness.

TAKE the juice of asarabacca, six drachms; oxymel of squills, half an ounce; carduus-water, two ounces: mix into a draught. This

is a very strong vomit, add much used at Bedlam.

An Elixir against Melancholy.

TAKE roots of valerian, cassamunnair, of each two ounces; black hellebore, four ounces; digest them twenty-four days in a quart of spirit of wine rectify'd; then strain and press it out hard, and add to it extract of saffron, one ounce; salt of steel, half an ounce; distill'd vinegar, half a pint: digest these some days together in a close vessel, and pour it off, and filtre it for use. It is to be taken from ten to forty drops, in compound briony-water. It is a most efficacious medicine in all melancholy affections of either sex.

A Cordial against melancholy Affections.

TAKE white sugar, one pound; borage-water, four ounces: boil almost to a consistence: while it is boiling, add fresh borage-flowers freed from their black spots, six ounces; boil them till the flowers are crisp or dried: take it from the fire, and mix therewith leaves of gold No 16; ambergris, twenty-four grains. It is a most elegant cordial, recreating the vital and animal spirits; and it has no second in hypochondriack melancholy. It is also good against diseases of the breast and lungs, as colds, coughs, asthmas, rheums, wheezings, and hoarseness, &c. There is no dose to be limited in the use of it, but it may be taken at pleasure.

For Melancholy.

TAKE borage-roots, boil them to a soft consistence, beat them in a mortar, and pass them through a sieve: of this pulp take one pound; treble-refin'd sugar, one pound: mix, or boil them to the consistence of a marmalade. It is cordial, and singularly good to expel sadness and melan-

melancholy; it is said to restore in consumptions. Let the patient take two ounces at pleasure.

See *Epilepsy, Head-ach, Feminine and Hypochondriack Disorders; Palsy, &c.*

MASTICATION.

Mastication, or chewing, is a very necessary preparation of solid aliment, without which there can be no good digestion. A great loss of spittle causeth a decay of appetite. This has been confirm'd by experience in several, who have made it their constant custom to chew mastich. Chewing and smoaking of tobacco is only proper for phlegmatick people. The humour of salivation is not properly

spittle, but putrify'd blood. The depravation of the instruments of mastication by a paralytical disposition, or by the want of teeth, as in old men and infants, is a natural indication of a liquid diet, as of milk and broths; and even such of them as take solids, ought to chew in order to make an expression of the spittle.

See *Aliment, Diet, Digestion, &c.*

MEASLES.

DR. *Morton* says, very few remedies in this distemper are needful before the eruption, unless very urgent symptoms should happen; as convulsions, &c.

If the animal spirits run into great disorders, cephalick juleps with tincture of castor, and pulvis ad guttetam, and such-like, may be used; and if that fail, some drops of liquid laudanum may be given.

The diarrhoea is rather to be palliated than totally check'd: the white decoction may be substituted instead of malt liquor, which should be forbidden; and the testaceous powders may be given, but laudanum, except in case of great necessity, should be forborne.

The distemper may be known by the following signs:

In the breeding of the measles, the first day they are hot and cold by turns; the second day comes on the fever, with great sickness, thirst, cough, heaviness, sleepiness: sneezing, vomiting, loose and greenish stools, a serous humour from the nose and eyes, are the symptoms the fourth or fifth day; when the

efflorescence and eruption commence. The sixth day the pustles die away, and the face becomes rough. On the eighth day they quit the face, and on the ninth the whole body; and then the fever increases, and the cough and difficulty of breathing grows very troublesome.

The cough should be treated with mucilaginous or oily things, and pectorals, as oil of sweet almonds, syrup of coral, and its tincture, and such-like. Gum tragacanth taken plentifully in a linctus, or dissolved in some pectoral decoction, and mixed with the testaceous powders, is held very excellent for this vexatious and often mortal cough. And this is prefer'd even to the famous *Sydenham's* narcotics, or sleepy medicines.

When the efflorescence or breaking out is begun, and a shortness of breath ensues, and a difficulty of swallowing, &c. Dr. *Morton* absolutely prescribes bleeding in large quantities, as he does also for a troublesome and dangerous ophthalmy, or redness and pain in the eyes.

eyes. A looseness in this stage of the distemper may be safely stopt by opiates.

In the last stage, when the appearance of the measles is gone off, if a fever with violent symptoms continue, 'tis reckoned a very dangerous indication. On the contrary, if the crisis be perfect, powerful purges are necessary, though the blood ought not to be over-hastily agitated, before the venom is wholly subdu'd.

If a dry troublesome cough continues after the distemper is over, bleeding should be used, and, if need

be, repeated in a day or two; and linctus's and lenient medicines, as in a catarrh, should be given, with the bark in pretty good quantity; and if occasion requires, an opiate at nights.

Bleeding and a vomit, seasonably prescribed at the beginning of this distemper, often happily prevent the bad symptoms attending it. Those who have had the small-pox are less liable to the measles.

See *Childrens Distempers, Small-pox, &c.*

M E A T.

See *Aliment, Diet, Digestion, &c.*

M E D I C I N E S.

A general Rule relating to them.

WE have very little to say under this head, because the proper medicines for every distemper are given with every disease treated of in this work. However the following general rule is proper to be attended to by every one, who is obliged to have recourse to the medical art. It is this.

That *Change in Medicines*, as well as food, contributes to health; for nature by continual use of any thing grows to a satiety and dulness, either of appetite or working; for even poisons have lost their force by custom; and this is the more evident in the Turks, who so plentifully accustom themselves to opium, that it abates much of its soporose effects upon them. Intermission therefore also has generally the same effect as change; and one medicine is not to be so constantly used, as to blunt its force; but a necessary one may be discontinued some days, and then resumed.

On the other hand, a patient must not be presently discouraged, if he find not all the success he expected in some regimens, as in the case of guaiacum, sarza, &c. or if in the beginning of the course, he find himself, as he thinks, worse; for such diets drying up humours, rheums, &c. they cannot dry up till they have first attenuated, and till then the humour is more fluid than before, and of consequence more troublesome to the patient, 'till 'tis dried up and consumed. Perseverance therefore in such cases must be used; and here to distinguish rightly between the necessity for intermission or change in one case, and perseverance or constancy in the other, the judgment of the physician is requisite.

See *Constitutions, Herbs, Opium, &c.*

M E G R I M S.

See *Head ach, Hypochondriack Distempers, Palsy, &c.*

M E L A N C H O L Y.

See *Madness, &c.*

MILK, NURSES, &c.

The Qualities and Uses of the different Sorts of Milk. With the Regimen proper to be observ'd by Nurses.

THE milks of several animals differ but very little as to their sensible qualities; *Womens milk* is the sweetest.

As to their nutritious qualities, they seem to stand in the following order; that of women, asses, mares, goats, sheep, cows.

The milk of animals which make hard dung, is most nourishing.

Milk, standing some time, naturally separates into an oily liquor call'd *Cream*; and a thinner, blue, and more ponderous liquor, call'd *Skimm'd-milk*; neither of which parts is naturally acid or alkaline, (but may turn so by standing for some time) nor in the least acrimonious; for being let fall into the eye, they cause no pain or sensation of sharpness.

If a nurse should abstain from all acid vegetables, from wine, malt-drink, and feed only on flesh, and drink water, her milk, instead of turning sour, will become putrid, and smell like urine.

An alkalescent diet, except that of water, is often the case of nurses in great families: their milk subjects the child to fevers. On the other hand, the milk of poor people, that feed upon an alkalescent vegetable diet, subjects the child to diseases that depend upon acidity in the bowels, as colick. The cure of both diseases is effected by a change of diet in the nurse from alkalescent to aciescent, or contrari-

wise, as the case requires. The best diet for nurses is a mixture of both.

No nurse should give suck after twelve hours fasting.

Milk appears to be a proper diet for human bodies, where acrimony is to be subdued or avoided; but not so proper where the canals are obstructed, it being void of all saline quality.

The inconveniences arising from its curdling by the four juices of the stomach, may be overcome by time: all that it can do in obstructions is by dilution.

How to increase Milk in Nurses, &c.

Whatever generates a quantity of good chyle, must likewise generate milk; such is new-milk season'd with sugar or salt. This will increase the milk, when it is diminish'd by the too great use of flesh meat. Gruels made of grains, broths, malt-drink not much hopp'd, posset-drinks, and, in general, whatever relaxes, have the same effect.

Lentil pottage is also deemed a good medicine to increase milk, if drank liberally of.

As are also thin broths, ptisans of barley or oatmeal, panada's, milk with salt and sugar, cream, if the milk be not too thick: malt-drink, neither strong nor stale. Moderate labour, and exercise. While eating much flesh-meat abates milk,

See *Childrens and Feminine Disorders, Diet, &c.*

MITHRIDATE.

See *Opium.*

MORTIFICATIONS, GANGRENE.

THere are two degrees of this terrible distemper, which we shall touch upon under this head.

1. A beginning mortification, which is called a Gangrene, and is known by a change of the flesh into a black substance.

substance, attended with a diminution or loss of the natural heat of the part: but when the mortification becomes intire, or affects the bony as well as fleshy parts, 'tis called, 2. A Sphacelation.

This distemper may be brought on, 1. By old age. 2. By the confluent small-pox. 3. By scorbutick or dropfical disorders. 4. From the bites of venomous creatures. 5. From wounds, and too strait bandages in them. 6. From violent external cold. 7. From issues, the too close paring of nails, corns, &c. Of all which we shall lightly touch, referring to the skilful operator the principal management of a disease too important to be treated by common hands. And,

1. When old age, or want of a due circulation occasions a gangrene, warm aromatics or stimulating fomentations must be used to the part; and when it comes to be scarified, the skilful operator will then direct the rest of the management. 2. In those occasion'd by the confluent small-pox; and, 3. In those from scorbutick or dropfical disorders, the internal remedies must have regard to the original distempers, at the same time that proper external means are used to prevent or stop it. 4. In such as proceed from the bites of venomous creatures, &c. see *Venomous Bites*. 5. In gangrenes proceeding from wounds, see *Wounds*. And in cases of too tight bandages, they ought immediately to be removed, and the part scarified to make it bleed; and when it comes to this, the skilful practitioner must be referr'd to for the other parts of management. 6. In gangrenes proceeding from external cold, as sometimes happens to travellers into Northern regions, the frozen part should be rubb'd

with snow, or thaw'd in cold water, and afterwards fomented with a decoction of warm herbs; or as some do, with brandy, spirit of wine, Venice-treacle, or mithridate dissolv'd in urine. Then wrapping up the part with flanel or woollen-cloth, go into a warm bed, and take some rich cordial or sudorifick medicine, to sweat. 7. Gangrenes from issues, too close paring of nails, corns, &c. are to be treated as other gangrenes. See that head under the article of *Wounds*.

We have purposely been as brief as we could under this head, for two reasons: 1. Because this distemper and its management, especially when it comes to scarification, must naturally fall under the hands of a surgeon, who knows best what to direct, and to do, in the different cases that may happen: And, 2. That we may have room to insert a most useful and curious account of a new discovery lately made in relation to the cure of this malady by the bark, taken internally, and which has succeeded when all the art of physick, and all the skill of the surgeon, and all manner of scarification and even amputation of the extreme members have been ineffectual. That account was published by Mr. *John Douglas*, an eminent surgeon, in the year 1732, and from him we shall transcribe what follows, and the rather as it contains some particulars necessary to be observ'd in the management of this sad disease.

After having given a diary of his patient's case, and the successful methods taken to stop by the bark a mortification which had eluded all the old try'd methods of prescription;

'I doubt not, says he, but it is evident, that the violence of

the fever, which increased upon us, in spite of all the means we could use, both internally and externally, for eight days running, and which brought our patient to the very brink of the grave, in the opinion of all concern'd, was, in a few hours, taken away by the bark, whereby a stop was put to the progress of the mortification, and nature was enabled to form the forementioned imposthumations, and make a separation between the living and dead parts: which being done, we were left to choose either to wait for the falling of the sloughs, separation or exfoliation of the bones, or to proceed to amputation, as we judged proper. But to amputate before the mortification is entirely stopped, especially when it proceeds from an internal cause, (as has hitherto been too frequently done) is only hastening the patient's death; for the sphacelus breaks out anew in the stump, and then the poor patient is in a worse condition than at first.

Notwithstanding what has been said, I doubt not it will be objected, That granting the bark had such an extraordinary effect in the forementioned case; yet one swallow makes no summer; which I shall answer by the accounts given of it by Mr. Rushworth and Serjeant Amyand.

Mr. Rushworth, a surgeon, in Northampton, sent a printed letter to the master and governors of the surgeon's-hall in London, dated October 18, 1731, in which he gives the following account of his using the bark in mortifications.

[In the year 1715, I was sent for to a man who had a mortification on the foot from an inter-

nal cause: the fever was very high, attended with the irregular pulse that is usual in the case. I made deep incisions in the mortified part to the bone, and scarified all round as far as there was any inflammation, and used the common applications; upon which the fever abated, the pulse became not only calm, but also regular, and in a few days I had a digestion at the edges. I was obliged to leave it to the care of an apothecary, but in a short time I was sent for again, the fever being return'd, and the part mortified higher: I used the same method as before, with the same success; but all the former symptoms return'd the third time; but upon repeating the same method again, ceased: I thought it to no purpose to take off the leg, having too often found returns after it, the fault being in the blood and juices. But providence now first directed me to order the bark in this case, (whilst there was a remission of the fever) it answer'd beyond what I expected, the fever no more return'd; the leg was taken off, and I saw the person well and lusty many years afterwards; and I have since several times had the experience of the good effects of it in the like cases, which has been no small satisfaction to me."

In October last, continues Mr. Douglas, Mr. Rushworth reprinted the foremention'd letter, with additions, viz. a letter to serjeant Amyand, August 5, 1732, &c. in which he says, "I beg leave just to mention, that leaving off the bark too soon, a patient of mine had a return of the mortification in about five days time, but scarifying and repeating it, I presently

"sently had the good effect of it
 "again, and she is now perfectly
 "recover'd; and tho' she had a very
 "ill habit of body before, is now
 "much better than she had been
 "for several years, and her looks
 "shew it to all that knew her be-
 "fore, though she is fifty years of
 "age."

'In the same pamphlet, says Mr.
 'Douglas, there is a letter from
 'serjeant Amyand to Mr. Rushworth,
 'dated July 29, 1732, in which he
 'gives the following account of
 'his success in giving the bark in
 'mortifications.' "I am now to
 "acknowledge yours of the 17th
 "instant, and to acquaint you, that
 "from your example I have given
 "the bark in all mortifications
 "with such success, as has encou-
 "raged the gentlemen you men-
 "tion to administer it. I have
 "now under my care a gentleman
 "of 78, who owes his life to that
 "medicine. His case was at first
 "a *Gangrene* after a *Phlegmon*: the
 "usual means seem'd to have re-
 "moved the danger, but the fever
 "continuing without remission or
 "intermission, a sphacelus soon ap-
 "pear'd, which nothing did stop
 "the progress of till the bark was
 "used, and in twenty-four hours,
 "and less, the separation begun,
 "with a laudable pus. The same
 "thing happen'd to a Jew, whose
 "sphacelus had got ground for
 "three weeks, in spite of all means,
 "where several surgeons were con-
 "cern'd.

"I have now used it in *seven*
 "cases, the circumstances in *each*
 "being *different*, and yet in *all* the
 "bark has taken effect: even with-
 "in these few days, to Mr. Delenor,
 "who kept the bagnio in St.
 "James's-street, in whom a morti-
 "fication happen'd, after several

"punctures in dropical legs, the
 "bark stopp'd the progress in less
 "than twenty-four hours, and the
 "sloughs began to separate; but
 "the patient having a jaundice,
 "and spent with evacuations, it
 "reviv'd and came into the other
 "leg; of which, though he died,
 "yet the power of the bark was
 "so plain, that from *this* and the
 "other cases, I think it evident,
 "that we may be as sure of get-
 "ting the better of, or at least of
 "stopping a mortification from an
 "internal cause by the bark, as
 "conquering an ague thereby.

"I am, &c.

"*Claud. Amyand.*"

'N. B. Mr. Rushworth, adds Mr.
 'Douglas, gave the bark in the re-
 'mission of the fever, Mr. Amyand,
 'and we, in the *height* of the fe-
 'ver, yet it had the *same* effect;
 'which shews the difference be-
 'tween these sorts of fevers and
 'agues, in which last it is known
 'to every body that the bark does
 'harm, if given in the fit.'

The bark was prescribed and gi-
 ven in the case Mr. Douglas speaks
 of, in the following manner:

'Take of the best Jesuits bark,
 'very finely powder'd, half a
 'drachm; a sufficient quantity of
 'confection of alkermes: make a
 'bolus, to be taken every four
 'hours.'

This having a good effect on
 taking but four or five doses of the
 bark, and stopping the progress of
 the mortification, and the patient
 having had five or six small stools,
 three drops of liquid laudanum were
 added to each bolus of the bark,
 which answered that end. When
 the violence of the fever was taken
 off by the bark, nature was enabled
 to form the requisite abscesses, and
 then the bark was only order'd

every six hours: but on some bad appearances, repeated again every four hours; so that he took in twenty-eight days about ten ounces of bark.

We content ourselves to refer to the treatise itself for further particulars, which is intituled, *A short Account of Mortifications, and of the surprizing Effect of the Bark, in putting a Stop to their Progress.* By John Douglas, Surgeon, F. R. S. Printed for John Nourse, at the Lamb without Temple-Bar, 1732.

We will add in this place the two following receipts from the great Mr. Boyle.

A Medicine for a light or beginning Gangrene.

‘ After having lightly scarify’d the part affected, apply as hot as the patient can well bear it, a cataplasm made of strong brandy, and the pith or crumb of white-bread, shifting it three or four times a day, or somewhat oftener, if need be.’

N. B. Some use turneps boil’d,

N A U S E A.

SEE *Sickness, Stomach, Vomiting, &c.*

NEPHRITICKS.

See *Stone, &c.*

NON-NATURALS.

Physicians reckon these to be six; viz. 1. *Air*, see **AIR**. 2. *Meat and Drink*, see **ALIMENT and DIET**. 3. *Sleep and Watching*, see **SLEEPING**. 4. *Exercise and Rest*, see **EXERCISE**. 5. *Retention and Excretion*, see **COSTIVENESS**, and the several articles relating to *Purging, Bleeding, Vomiting*, and other EVA-

and made unctuous with a little fresh hogs-lard to resolve the hard tumors of womens breasts.

To prevent a Gangrene upon a great Pain, and to strengthen the Part.

‘ Take of melilot-plaster, and diapalma, equal parts; and having melted and well incorporated them together, make thereof a thin plaster; which being prick’d full of holes, is to be laid upon the inflam’d or bruised part, first lightly scarify’d.’

Aromatick Herbs chiefly proper in a Gangrene.

‘ Southernwood, wormwood, jack-of-the-hedge, angelica, costmary, holy-thistle, lels centaury, germander, candy-dittany, Roberts’s stork-bill, lavender-spike, sweet-marjoram, white horehound, myrtle, wild marjoram, poley, pennyroyal, rosemary, rue, savine, fago, water-germander, tansey, wild cypress-tree.’

M O U T H.

See *Cankers, Childrens Distempers, Teeth, Tongue, Uvula, &c.*

NERVOUS DISTEMPERS.

See *Epilepsy, Head-ach, Feminine and Hypochondriack Disorders, Madnefs, Palsy, &c.*

NON-NATURALS.

Physicians reckon these to be six; viz. 1. *Air*, see **AIR**. 2. *Meat and Drink*, see **ALIMENT and DIET**. 3. *Sleep and Watching*, see **SLEEPING**. 4. *Exercise and Rest*, see **EXERCISE**. 5. *Retention and Excretion*, see **COSTIVENESS**, and the several articles relating to *Purging, Bleeding, Vomiting*, and other EVA-

CUATIONS. 6. *The Passions of the Mind*, see **PASSIONS**.

N O S E.

See *Hemorrhages, Smelling, &c.*

N U R S E S.

See *Breast, Childrens and Feminine Distempers, Milk, &c.*

N U T R I T I O N.

See *Aliment, Diet, Digestion, &c.*

O B S T R U C T I O N S.

SEE *Feminine and Hypochondriack Disorders, &c.*

O D O U R S.

O D O U R S.

Pomanders, and knots of powders, have been often prescribed for drying of rheums, comforting the heart, provoking of sleep, &c. For tho' these things are not so strong as perfumes, yet they may be held continually in the hand, whereas perfumes can be taken but at certain times; and besides there are divers things that breathe better of themselves, than when they come to the fire; as *nigella romana*, the seed of *melanthium*, *amomum*, &c.

There are two things which, inwardly used, cool and condense the spirits, and which the Lord *Bacon* wishes were tried outwardly in vapours. The one is nitre, which he would have dissolved in malmsey or Greek wine, and so the smell of the wine taken; or to have it more forcible, to pour of it upon a fire-pan well heated, as they do rose-water and vinegar. The other is the distill'd water of wild poppy which he would have mingled, at half, with rose-water, and so taken with some mixture of a few cloves in a perfuming pan. The like would he have done with the distill'd water of saffron-flowers.

Smells of musk, amber, and civet, says the same author, are thought to further venereous appetite; which they may do by the refreshing and calling forth of the spirits.

Incense and nidorous smells, such as were of sacrifices, were thought to intoxicate the brain, and to dispose men to devotion; which they may do by promoting sadness and contristation of the spirits; and partly also by heating and exalting of them.

'Tis certain, that odours do, in a small degree nourish, especially

the odour of wine; and we see hungry men love to smell hot bread. It is related that *Democritus*, when he lay a dying, heard a woman in the house complain, that she should be kept from being at an approaching feast and solemnity, which she much desired to see, because there would be a corps in the house; whereupon he caused loaves of new bread to be sent for and open'd them, and pour'd a little wine into them, and so kept himself alive with the odour of them, till the feast was past. I knew a gentleman, adds my Lord *Bacon*, who would sometimes fast three or four, yea five days, without meat, bread or drink; but used to have continually a great whisp of herbs to smell to, and amongst them, some esculent ones of strong scent, as onions, garlick, leeks, and the like.

Feathers and other things of ill smell are used with success in the disease called Fits of the Mother. See *Plague*.

Some perfumes will dry and strengthen the brain; and stop rheums and defluxions; as we find in fume of rosemary dry'd, and *lignum aloes* and *calamus* taken at the mouth and nostrils; and no doubt there are other perfumes that moisten and refresh, and are fit to be used in burning agues, consumptions, and too much watchfulness; such as are rose-water, vinegar, lemon-peels, violets, the leaves of vines sprinkled with a little rose-water, &c.

In sudden faintings and swoonings, a handkerchief with rose-water, or a little vinegar, put to the nose, gathereth together the dispersed spirits, and recovers.

See *Air*.

O L D A G E

Should carefully guard against all the injuries of weather: should lessen the quantity, and lower the quality of their food gradually, as they grow older, even before a manifest decay of appetite force them to it; and in short descend out of life, by as gradual steps of aliment as they ascended into it.

A diet should be devised for old men, or people in consumptions, as should be half chyle before it be eaten. The following is recommended by the great Lord Bacon:

• Take two large capons, par-
 • boild on a gentle fire, an hour or
 • more, till all the blood be gone.
 • Add in the decoction the peel of
 • a sweet lemon, or that of a ci-
 • tron, and a little mace. Cut off
 • the shanks, and throw them away;
 • then with a strong chopping-
 • knife, mince the capons, bones
 • and all, as small as common
 • minc'd meat. Put them into a
 • large neat boulder; then take a
 • sweet and well season'd kilderkin
 • of four gallons of beer, [as our
 • author says] of 8 shillings strength;
 • [but now it will be best, it may
 • be presum'd, of good well-brew'd
 • ale of good consistence] new as just
 • runn'd: make a great hole in the
 • kilderkin, then thrust into it the
 • boulder, in which the capons are,
 • drawn out in length. Let it steep
 • three days and nights, the bung-
 • hole open to work; then close
 • it, and let it continue a day and
 • an half; then draw it into bot-
 • tles, and it will be fit to drink in
 • three days more. This will last
 • six weeks (approved says our au-
 • thor). It drinks fresh, flowers
 • and mantles exceedingly, yet tastes
 • not newish. It is an excellent
 • drink for a consumption, either

• alone, or with other beer, quench-
 • ing thirst; and having no windi-
 • ness. Note, It is not possible that
 • meat and bread either in broths,
 • or taken with drink, as usual,
 • should get into the veins and out-
 • ward parts so finely and easily as
 • when thus incorporated, and made
 • a chyle aforehand.

He recommends also for tryal a like brewing with potato roots, or barr-roots, or the pith or bottom of artichokes, which are, as he observes, nourishing meats. Also it may be try'd, he says, with other flesh, as pheasant, partridge, young pork, pig, venison, especially of young deer, &c.

A mortress made with the brawn of capons, stamped, strained, and mingled, after made, with the like quantity at least of almond-butter, is also an excellent meat, he says, for nourishing weak persons: for tho' the flesh of itself be strong, the almonds excellently qualify it.

Indian maize hath certainly an excellent spirit of nourishment, if thoroughly boiled, and made into a cream like barley-cream. Our author judges the same of rice, if made into a cream; but it will bind, if not thoroughly boiled.

Pistachoes, if good and not musty, joined with almonds made into milk, or made into milk of themselves, like almond-milk, but greener, are, as he says, also an excellent nourisher; but having the property of a subtile windiness, it would be well to add a little scrap'd ginger.

Milk, warm from the cow, is a great nourisher, and a good remedy for consumptions; but then, as he observes, you must put into it, when you milk, two little bags, one of powder of minth, the other

of

of powder of red roses, which will keep it from curdling in the stomach. For the same reason you may drink it sugar'd to your palate: but it will be best to drink a good draught, that it may stay the less time in the stomach, lest, after all, it should curdle on a weak stomach: and it will be right to let the cup into which you milk the cow, be set in a greater cup, or pan of hot water, that you may take it as warm as possible. Cow-milk, thus prepar'd, says the Lord Bacon, I judge to be better for a consumption, than ass's milk, which, it's true, does not so easily turn, but is a little harsh. Marry, says he, it is more proper for sharpness of urine and exulceration of the bladder, and all manner of lenifyings. Woman's milk, adds he, is likewise prescribed, when all fail; but I commend it not, says he, as being a little too near the juice of man's body, to be a good nourisher, except it be in infants, to whom it is natural.

But it may be observed here, some of our moderns say, that this last has done much good where other remedies have failed, and it has been prescribed with good success by several physicians. A great deal depends upon constitution, but the reason our great author gives, say some physicians, seems not universal; for the consentaneousness of juices may do good in some cases; and can that which is so nourishing to an infant, and so restorative to its weak nature, be amiss when apply'd to older persons, in proper cases, who by weakness are reduced to a state as helpless as infancy? To be sure, say they, there may be in the milk of a young wholesome woman, such good blood and juices, as may contain in them restorative spirits to a decay'd or

weakly habit: it is, as they say, a through-prepar'd chyle, light and easy, and as it is made of the best blood and nourishment of the party, it cannot, if properly preferib'd, but be of efficacy in suitable cases. We all know, argue these gentlemen, what benefit old age often derives to itself, of either sex, by close contact only, or lying with a young person, and if the effect be so considerable in this case, can it be detrimental, infer they, when it draws its nourishment from the fountain-head of health, as one may well call the salubrious and exuberant breast of a blooming and vigorous young woman? But after all we must leave this point doubtful, for 'tis certain that high and gross animal feeding must produce a very different milk from that of those animals, who feed upon vegetables. But a great deal will depend upon constitution, &c. after all.

But let us proceed with our excellent author, who, after all, was the greatest master of nature, and who came certainly nearer perfection, than any man, not of his time only, but of any other; and that for this plain reason, that to the most unbounded genius and capacity, he made nature his principal guide and study in all his enquiries.

Oil of sweet almonds, new drawn, says he, with sugar and a little spice spread upon toasted bread, is an excellent nourisher; but then, to keep the oil from frying in the stomach, you must drink a good draught of mild beer after it, and to keep it from relaxing too much, put in a little powder of cinamon.

The yolks of eggs, continues he, are so well prepar'd by nature for nourishment, that if they be poached or rare boiled, they need no other

other preparation or mixture: yea, they may be also taken raw with malmsey or sweet wine. It will do well to put in some few slices of cringo-root, and a little ambergris; for besides the immediate faculty of nourishment, such drink will so strengthen the back, that it will not draw down the urine too fast; for, as he observes, too much urine always hinders nourishment.

There is no great nourishment, our author observes, in the brain of living creatures, for the spirits too much prey upon it, he says, to leave any great nutritive virtue in it; but else, he is of opinion, that those parts which lie more inwardly of all living creatures, are more nourishing than the outward flesh.

Mincing of meat saves the grinding of the teeth, and must therefore, especially to age, be more nourishing; but as butter is not so proper for weak stomachs, it were better to moisten with claret, orange or lemon-peel cut small, sugar, and a very little cinamon or nutmeg. As for chuets, says my author, which are likewise minc'd meats, instead of butter and fat, moisten partly with cream, or almond or pistachoe-milk, or with barley or maize-cream, adding a little coriander and carroway-seeds, and a very little saffron.

Aristotle directs, that wine be forborne in all consumptions; for that the spirits thereof prey upon the roscid juice of the body, and so rob it of its nourishment; if then it be necessary to use wine to help to strengthen the stomach, let it be burnt; that the quicker spirits may be evaporated. Sweats must be restrained gently. The rule in this case, which is prescribed by *Hippocrates*, ought to be followed, tho' 'tis against the present practice, *i. e.*

that the linen or garment next the flesh be kept dry in winter, and often changed; and in summer seldom, and smear'd over with oil; for any fat substance in some measure fills the pores of the body, and stops sweat. The more cleanly way is, to smear the linen over lightly with oil of almonds, and to shift as often as is fit.

As wine therefore, though it strengthens the stomach, weakens the spirits in a consumption, and as it is necessary to keep the stomach in a right tone, it is best to have recourse to outward applications, for avoiding both mischiefs. For this purpose, the best method, according to *Lord Bacon*, is, to bedew a cake of new bread with a little Sack or Alicant, and after it is dry'd before the fire, put it in a clean napkin, and lay it to the stomach: for 'tis certain, that all flour hath a powerful virtue of astringion, insomuch that it hardeneth a piece of flesh, or a flower that is laid in it. For this reason a bag quilted with bran is also very good; but it must not lie long because it drieth too much.

Sleep is a great nourisher; bears and other creatures that sleep in the winter, will by that means only, grow very fat. This is not to be wonder'd at, since by sleep the spirits are less spent than by waking, and since it helps to thrust out the nourishment into the parts: for this reason, a short nap after dinner is a great refreshment to men in years, to those of weak bodies, and to such as abound not with choler; for in such bodies there is no fear of an over-hasty digestion, which is the inconvenience of afternoon sleeps. Sleep also in the morning after taking something of easy digestion, as milk from the cow, nourishing

nourishing broth, or the like, furthers nutrition : but this should be done sitting upright, that what is taken may pass the more speedily to the bottom of the stomach.

It is right to change frequently, both in medicine and aliment ; for nature being long used to one thing is the less affected by it : As poisons themselves by habit may lose their effects.

Old men who have delighted in young company, and been conversant much with them, have been of long life ; their spirits being exhilarated thereby. Such were the antient sophists and rhetoricians, who had always young auditors and disciples ; as Gorgias, Protagoras, Isocrates, &c. who lived one hundred years, as also did many of the old grammarians ; as Orbilius, &c.

Nor do antient people reap less benefit, by lying in the same bed with young, attracting to themselves the juvenile moisture, and

nourishing juices of the young : Hence *Abishag* the *Shunamite* damsel who was put to bed to old King *David*, in the last decline of life, was a means to prolong the days of that prince ; but, by parity of reason, the young person may suffer by their kind communication, and the longer they protract the life of the old person, the more they endanger their own healths ; and hence it is, that when old rich men marry young poor damsels ; or old rich women poor young men, the young person seems to have given a valuable consideration if they live long together, and behave handsomely, for whatever fortune may be left them at last. Parents who suffer their children to lie with persons in years, whether grandfathers, grandmothers, aunts, uncles, nurses, or governantes, should well consider this point.

O P H T H A L M I A.

See Eyes.

O P I U M.

IN all acute and vehement pain, opium is the sovereign relief ; particularly in violent paroxysms of the colick, stone, gout, rheumatism, and hard labour of women.

Opium itself, is a medicine that ought not to be meddled with, without advice, and therefore we shall refer its use to the direction of the skilful practitioner on the spot ; only observing here, by way of caution, that it ought not to be admitted but while there is a due vigour and force in all the parts, and should be avoided when a crisis approaches ; when an inflammation draws towards an abscess ; also where there is a visciditity in the humours, or want of juices ; in apoplexies, lethargies, palsies ; in

diseases springing from gross matter, in difficulties of respiration from phlegm ; in a dropsy of the breast or belly ; in cold diseases where the pulse is weak, and the head heavy ; in costiveness ; in suppressions of urine ; nor is it to be given to women in labour, because their pains are necessary. Wine, or the aqueous spirit of wine, which dissolves it all intirely, and is the English method of preparing it, is accounted the best.

Under this head, it may be proper to bestow a few words in relation to the three noted compositions so frequently used in private families ; viz. Venice-treacle, Diacordium and Mithridate, in order to direct their uses, &c.

Venice-

Venice-treacle may be given with advantage in the following cases; namely, in colicks, after a dose of physick; in defluxions of matter in the lungs; where cold is taken; after bleeding and gentle physick; in fluxes of the belly at bed time; in convulsions, after proper discharges; in hoarsenesses from cold; in head-achs; in dry asthmas; in dropries accompany'd with pains; in expelling dead children; in promoting the menstrual flux; in slow fevers, when restless; in the cold fits of fevers; in expelling repelled scabs; in bites of vipers and others externally.—But must be avoided in fevers where there is sleepiness; in the beginning of fevers till proper discharges; and in general there ought to be a caution in common feverish colds. It is too common for the ladies to order this or the red powder to be given at the beginning of colds, by which mistake they blow up the embers, and turn them into a fever, and so endanger the lives they would preserve.—A much better method for a new-taken cold, is, to keep them warm

or confin'd to their room for a day or two; to refrain flesh-meats, to drink posset-drink or sage-tea, and to keep to a meagre diet of thin water-gruel or chicken-broth, which will nip a fever in the bud. The greatest dose of Venice treacle is four scruples, and the least three grains.

Diaiscordium is mostly used among physicians for stopping fluxes in the belly; and therefore after proper discharges have been made, it is mix'd up with any compound waters, and others, and given either by way of draught, or by spoonfuls, at convenient distances. The greatest dose is five drachms and twelve grains, and the least six grains.

Mithridate, is like Venice-treacle, but not so effectual. 'Tis good against all cold pains, and apply'd outwardly in pains of the teeth; 'tis a good anodyne-plaister, and gives ease; it also expels the dead child; but falls so far short of Venice-treacle, that it is not so often used as formerly. The greatest dose ought to be four drachms and two scruples, and the least three grains.

PALATE of the MOUTH.

SEE *Uvula*.

PALLIATIVES.

CHRONICAL diseases, as coughs, phthisicks, some kind of palsies, lunacies, &c. are most dangerous in their first stage; a wise physician will therefore consider whether the attempt of a speedy cure of a disease be not perilous, and in some cases, whether it be not better to be attempted by palliation, *i. e.* by alleviating the symptoms without busying himself about a

perfect cure, when the distemper by violent resistance and opposition, may possibly carry away all before it. Palliatives often exceed expectation; and the patient by striving by little and little to overcome the symptom in the exacerbation, may turn suffering into nature.

PALPITATION.

See *Hypochondriack Distempers*.

PALSY.

P A L S Y.

A Palsy is a relaxation of the nervous parts from their natural tone, by which means their motion is impaired, and render'd incapable of exerting their proper offices. If it resists the effects of medicines, it commonly remains incurable. The same may be said, if it happens to persons in years, or of an ill habit of body. If the distemper continues a considerable time; the patient loses his memory.

In general, as to the cure, settling the relaxed member is of great use.

There is no remedy better than hot baths; but with some they do not agree. For poor people, warm baths may be made in imitation of natural ones after the following manner:

‘ Take four pounds of quick-lime, two pounds of powder of quick-sulphur : boil it a little in twenty or thirty gallons of common water pro semicupio.’

Scio-turpentine is admirable in this disease, and is administered thus:

‘ Take three drachms of Scio-turpentine; dissolve it in the yolk of an egg, mixing with it one ounce of syrup of French lavender, four ounces of alexiterial milk-water: mix ’em, and make a draught, to be given every morning for four times.’

The following plaister may be applied to the back, as very advantageous:

‘ Take plaister of frogs, one ounce, with fourfold mercury; of camphire, half a drachm: mix it; soften it with oil of amber, and make a plaister.’

To discuss any humour settled in the joints of the loins or muscles, use the philosophers oil, or that oil

of turpentine which is yellow, and comes off next the spirit in distillation. Juice of sage with nutmegs and castor have place here, as has the following cataplasm:

‘ Take the pulp of boil’d turneps, four ounces; herb rue pounded, two handfuls; mustard-seed, one ounce; album græcum powder; powder of euphorbium, of each two drachms; powder of brimstone, three drachms; one hundred drops of oil of amber; a sufficient quantity of ointment for the nerves: mix ’em, and make a cataplasm, to be applied to the throat.’

A fomentation made with a decoction of emmets, and their hillocks, in common water, used every day, often proves highly beneficial, and restores the parts to their natural strength: with it may be used the following oil:

‘ Take of mustard-seeds unbruin’d, what quantity you please; a sufficient quantity of compound spirit of lavender to wet it: infuse it cold for twenty-four hours; then extract the oil, and anoint the parts affected, together with the spine of the back, and the joints of the neck, with it.’

In the palsy of the tongue, the juice of sage alone restores the speech. The following gargarism is sometimes used with good success:

‘ Take sage-leaves, and rosemary-leaves, each one handful; hyssop-leaves, and pennyroyal-leaves, each half an handful; stavesacre-seeds, and mustard-seeds, each half an ounce: boil it in a sufficient quantity of spring-water to a pint: strain it, and add two drachms of sage-juice purified; oxymel of squills, and Hungary-water, each one

• one ounce ; syrup of French lavender, three ounces: mix it, and make a gargarism.

Let the patient hold two spoonfuls in his mouth for some time, and then spit it out ; and repeat the same often in a day.

If a paralytick limb be withered, it is scarce ever known to be restored.

As to the cause, whatever stops either the flux of the spirits, or the flux of the blood to any part, induceth a palsy, for both are necessary for sense and motion ; such are all the causes of an apoplexy, an epilepsy, extreme and lasting pains, the suppression of usual evacuations either natural or morbid, translations of morbid matter in acute distempers ; whatever distends, distorts, compresses, or contracts the nerves ; strong and strait ligatures, luxations, fractures, any inflammation in the integument of a nerve, especially in the ganglia, where they are tied together ; serous desfluxions, excess in astringent aliment, especially unripe fruits ; drinking too much warm water, which is weakening and relaxing ; excess in coffee or tea ; extreme heat ; extreme cold ; poisonous vapours of arsenick or mercury.

A palsy is more or less dangerous according to the cause, the extent, and seat of the disease ; when the original of the disease is in the brain, it is most dangerous ; when it seizeth the heart, or organs of breathing, fatal ; because life cannot be continued a moment without the use of those parts.

The regimen in this disease ought to be warm, attenuating, consisting of spicy and cephalick vegetables, such as create a feverish heat, because such is necessary to dispel the viscosity. Of vegetables, soapy ;

of such as consist of an acrid, volatile salt and oil, mustard, horse-radish, &c. stimulating by vomiting, sneezing, relaxing the belly, purging and diluting strongly at the same time, promoting sweat by such motions as can be us'd, or other means, by strong frictions, &c.

Bleeding is to be us'd or omitted according to the symptoms which affect the brain ; it relieves in any inflammatory disposition of the coat of the nerve.

The art and skill to find out the part primarily affected, must be learn'd from anatomy, which shews the origin and insertion of the nerves.

Riverius gives us the following helps for this purpose :

If the face be resolved, and all the other parts firm ; then we are sure the brain only is affected ; and in that particular place, whence the nerves come into that part.

If the parts below the head and face also be hurt, then both the brain and spine are affected.

If the lower parts suffer, and the face escape free, then the fault is in the spine only.

If the thighs and legs be struck, the cause is toward the lower end of the medulla spinalis, about the vertebræ of the os sacrum.

If one side of the face, or body suffer resolution ; then one side of the brain, or of the spine, occasions it.

And thus in the rest, the original cause is to be sought for, where those nerves arise that run into the paralytick member.

The following recipes are of approved efficacy in these disorders.

A choice external Remedy for paralytick Affections.

MAKE a strong decoction of rosemary-leaves, (or flowers if the season

season afford them) and let the patient hold the part affected for a good while at a time in the liquor kept very warm. If after several tryals this medicine prove not effectual enough, take ten drops of oil of worms, and mix with it well four or five drops of oil of turpentine; and with this mixture well warm'd, anoint the part from time to time, or else let the patient keep the part for a good while together, for more than once or twice if need require, in warm rain-water (to dissolve the scorbutick salts).

A choice Medicine for the Palsy.

TAKE sarsaparilla, a pound and a half; bark of guaiacum, china in chips, of each two ounces and a half: boil all in six pints of water to a consuming of a third part: at the end, add raisins of the sun stoned, four ounces; liquorice bruised, one drachm; fat figs, number twelve: boil, and strain it. Of this let the diseased drink warm, as their ordinary drink.

For the Megrim, Vertigo, Palsy, &c.

TAKE male piony-roots, (fresh taken up and bruised) two ounces; mistleto cut small, one ounce; Canary wine, one pint: give them a hot and close infusion for two hours; then having wrung out the liquor, add to it compound piony-water, and compound syrup of the same, each two ounces; tincture of castor, two drachms; oil of nutmegs, two drops; mix.

It clarifies and invigorates the brain and nerves, and is of use in convulsive maladies, essential head-ach, megrim, vertigo, palsy, and hysterick affections.

Give three ounces every night and morning.

Pills good in paralytick and hysterick Maladies.

TAKE salk of hartshorn, salk of amber, of each one scruple; crum of white bread newly baked, two scruples; oil of lavender, four drops: with balsamick syrup make all up into twenty pills for four doses.

An excellent Powder against stopy and paralytick Affections.

TAKE marjoram, Arabick storach-flowers, each five grains; nutmeg, three grains; mustard seed, two grains; oil of sassafras, one drop: make all into powder.

It opens the passages of the brain and nerves when subsiding by reason of laxity, and therefore is a most desirable remedy against soporose and paralytick affections. To be given night and morning.

A paralytick Gargle.

TAKE white-wine, half a pint; mustard made up as it comes to table, two ounces; savory or thyme-water, four ounces; honey of roses, two ounces; vinegar, enough to render it pretty tart; mix.

Riverius prescribeth thus: Take mustard-seed powder'd, one drachm; vinegar of roses, white sugar, each one ounce; water, three ounces: mix.

Instead of savory or thyme-water, (if not at hand) may be substituted a decoction of sassafras.

Against puffsical and drowsy Disorders.

TAKE powder'd mustard-seed, half an ounce; conserve of roe, two ounces; syrup of storach, one ounce and a half; oil of rosemary, lavender, each four drops: mix.

It penetrates into the nerves, opens their obstructions, and puts a new sprightliness into the clogg'd spirits. 'Tis of use in the cold

M

scurvy

scurvy and dropsy, as well as in sleepy illnesses and the palsy. The dose is from two drachms to half an ounce thrice a day.

A Mustard Gargle for the same.

TAKE fair water, half a pint; brandy, vinegar, of each four ounces; mustard-seed powder'd, half an ounce; sugar, one ounce: mix.

These things may easily be procured, and presently thrown together, in case of haste, in soporose distempers; and are useful also in a palsy of the tongue.

A Cataplasm for paralytick Limbs.

TAKE turneps bak'd in an oven, eight ounces; rue, four handfuls; mustard-seed, two ounces; oil of juniper, two drachms; nerve ointment, as much as needful: when it is spread upon a cloth, sprinkle it with powder of euphorbium.

A paralytick Oil.

TAKE oil of amber, saffras, each one drachm; oil of rosemary, pepper, each one scruple: mix.

An Electuary against the Palsy.

TAKE mustard-seed dried and powdered, five ounces; cress-

seeds, two ounces; syrup of the juice of sage, one pint, or enough to mix and make an electuary. Take half an ounce of it every day for several months, anointing the paralytick parts twice a day with oil of amber, rubbing it in before a good fire for half an hour at a time: continue it a fortnight or three weeks; and you will hardly fail of a cure, if the palsy be but newly come.

A Plaister against the same.

TAKE gum ammoniack, galbanum, Burgundy pitch, cumin plaister, of each alike: spread it on leather, and apply it to the back.

For a Palsy over the whole Body.

TAKE mustard-seed bruised, two ounces; cinamon bruised, three drachms; white-wine, a quart: infuse them together cold, and strain it; then put to it compound spirit of lavender, three ounces. Give the patient four spoonfuls three times a day.

See *Distillery*; also *Apoplexy*, *Epilepsy*, *Head-ach*, *Hypochondriack Distempers*, *Scurvy*, &c.

P A R A L Y T I C K.

See *Palsy*.

P A S S I O N S.

DR. Cheyne makes the following judicious observations on this head:

1. He says, That the passions have a greater influence on health, than most people are aware of.

2. All violent and sudden passions, dispose to, or actually throw people into acute diseases; and sometimes the most violent of them bring on sudden death.

3. The slow and lasting passions bring on chronical diseases; as we see in grief, and languishing, hopeless love.

4. Therefore the sudden and acute

passions are more dangerous than the slow or chronical.

5. Men of lively imaginations and great vivacity, are more liable to the sudden and violent passions, and their effects.

6. Thoughtful people, and those of good understanding, suffer most by the slow and secretly consuming passions.

7. The indolent and the thoughtless, suffer least from the passions: the stupid and idiots not at all.

8. The diseases brought on by the passions, may be cured by medicine as well as those proceeding from

from other causes, when once the passions themselves cease, or are quieted; but the preventing or calming the passions themselves, is the business not of physick, but of virtue and religion.

9. The love of God, as it is the sovereign remedy of all miseries, so, in particular, it effectually prevents all the bodily disorders the passions

introduce, by keeping the passions themselves within due bounds, and by the unspeakable joy, and perfect calm, serenity, and tranquillity it gives the mind, becomes the most powerful of all the means of health and long life.

PERFUMES.

See *Oudours*.

PERSPIRATION.

THE fewer cloaths we use ourselves to, the harder we shall be. Flannel, and too warm cloathing, day and night, relax the fibres, and promote debilitating sweats, instead of the natural and beneficial perspirations.

Insensible Perspiration is the last and most perfect action of animal digestion: the keeping it up in due measure, is the cause as well as sign of health; and the least deviation from that due quantity, the certain forerunner of a disease: therefore the best indications for diet are taken from the measure of perspiration. The food which is most vapourish and perspirable, is certainly the most easily digested; but such may be proper or improper for the animal, according to its circumstances.

The strength of the aliment must be proportion'd to the action of the solids upon it; which, in an animal under a course of exercise or hard labour, is much stronger: therefore aliment too vaporous or perspirable will subject it to the inconveniences of too strong a perspiration, which are debility, faintings, and sometimes sudden death. What diminish sweating, or the *sensible* perspiration, increases the *insensible*: for that reason a strengthening and astringent diet often conduceth to this purpose. The most nourishing

aliment is the least perspirable, except mutton, which of all others is most so, and hogs-flesh the least; and for the same reason eels, and all very fat and oily substances. Copious food of small nourishment perspires much.

A stomach too void, or too full, stops perspiration.

The fruits of the low pomiferous plants, as cucumbers, melons, &c. stop perspiration; therefore they are wisely provided by nature in a season when the perspiration is too great.

Variety of meats diminish perspiration.

Honey in cold constitutions increaseth perspiration, except when it promotes too great a secretion of the bile; and then it diminisheth it.

Drinking excessively during the time of chylification, stops perspiration. Let those who sit long at their bottle after meals, says a learned physician, consider this.

The most sure sign of a deficient perspiration is flatulency or wind.

See *Sudorifics*, &c.

PHLEBOTOMY.

See *Evacuations*, &c.

PHLYCTENÆ.

See *Cutaneous Distempers*.

PHRENZY.

See *Madness*.

M 2

PHTHI.

P H T H I S I C K.

THIS term is generally applied in the highest stage of it to such as have ulcerated lungs with a hectick fever.

A phtisical cough however is not to be immediately esteem'd a pulmonary cough, because it may be stomachical, (see *Coughs*, &c.) which may however at length become pulmonary.

Vomits are very good in the beginning of all consumptions: Purges must be avoided; all syrups and sugar'd things are pernicious. Rob of raisins is much esteem'd.

A person was cur'd by an eminent physician only with a decoction of elecampane-root, with raisins and liquorice, adding a tenth part of Spanish-wine, which is very nourishing.

Diaphoretick antimony, Potter's antihæcicum, sperma-ceti, and a decoction of the woods, excel all other medicines in the sharpness of the lymphæ.

To cleanse an ulcer of the lungs, and discharge the adhering matter, medicines of tobacco are most eligible.

The patient's common drink should be impregnated with fumes of sulphur, which, with other things drawn in through the mouth, are of singular efficacy in desperate cases.

Balsam of sulphur prepar'd with oil of aniseeds, by a slow fire, speedily and safely cleanses and heals fresh ulcers.

Conserve of red roses is much esteem'd to consolidate the ulcers; and, above all others, a decoction of red roses, strongly express'd, and sweeten'd with a small quantity of sugar.

If the hectick heat be violent, and the consumption makes a swift progress, a milk diet must be enter'd on, and asses-milk, or butter-milk, principally chosen.

The most sovereign remedy of all in this distemper, is daily riding on horseback, in which exercise the patient need not be confin'd to a strict diet.

See *Asthma, Consumption, Cough, Pleurisy, &c.*

P I L L E S,

WHEN they bleed and unload themselves, are often a great relief to nature. But when they only swell, they are very troublesome, and sometimes dangerous, because they may turn into fistula's, and sometimes gangrenes.

To relieve them you should lose ten or twelve ounces of blood from the arm; after which the costiveness which generally attends them may be reliev'd, as well as the swelling, by the following means:

Take *Æthiops mineral*, half a scruple; brimstone in powder,

five grains; crabs-eyes, and volatile salt of hartshorn, of each four grains; lenitive electuary, half a drachm: mix, and make a bolus, which take three times a day. Also,

Take ointment of populeon, one ounce; burnt cork, one drachm; Balauſtin flowers powder'd, one scruple; opium dissolved in oil, five grains; sugar of lead, four grains: mix, and make an ointment, which apply on cotton, and keep it bound on with a bandage, the upper part of which

• which must go about the body, and the under part must come under the thighs, and so tie up on the fore-part of the bandage, and it keeps on the ointment.

Hogs-lard rubbed so long between two large flat leaden weights, that it becomes black, apply'd to the part, has also frequently given immediate relief.

If blood is discharg'd with the excrements, it is the true piles; but if it flows without pain, it is scorbutick.

Outwardly apply leaches, or rub the part affected with fresh fig-leaves a little bruised.

For exulcerations make a liniment of aurum fulminans, and oil of sweet almonds.

Oil of box is more effectual towards easing the pain than any thing else, mix'd with oil of linseed.

The Emperor Charles V. was cur'd only by painters varnish, and oil of roses.

Prepare the varnish of oil of flax, twelve ounces; Venice-turpentine, four ounces; the purest sandarack, or juniper-gum, three ounces: melt 'em over a gentle fire, &c.

For another excellent easer of pain, take of the herb toad-flax with the flowers, as much as you will; boil it with hogs-lard, till it grows green, and makes an ointment: For use add a proper quantity of the white of an egg.

Rosemary eaten every morning with a little honey, will quite take away the piles.

Onion or leek roasted under the ashes, with oil of roses and a little saffron, is highly recommended. A leek fried with butter in a pan is an admirable remedy.

Oil of amber us'd by itself cures the most violent pain.

The following approved recipes

have likewise been attended with great success in different cases, of this malady, out of which the patients may chuse as they best approve.

An easy and experienced Remedy for the Piles.

IN four ounces of spring-water, dissolve about one drachm of salt of tartar, or as much as will give the liquor a manifest, but not strong alcalisate taste, and apply soft rags dipp'd in luke-warm, or somewhat more, to the part affected, shifting it from time to time.

A choice internal Remedy for painful Piles.

TAKE about two scruples of choice live sulphur, and mix it with a little sugar to make it relish; and give that dose once, or, at most, twice a day.

An experienc'd Remedy for the unbroken Piles.

TAKE calcin'd oyster-shells, and incorporate them with as much honey as will make up the powder into an ointment; with which the part affected is to be tenderly anointed from time to time.

Another very successful try'd Medicine.

TAKE maiden leeks, (as some call those that grow without having been transplanted) and casting away the green part, make of the bulbous part, and a sufficient quantity of whole oatmeal, a caudle; whereof let the patient eat plentifully.

An astringent Alo good against the Piles, and all Sorts of Bleedings.

TAKE roots of comfrey, Solomon's-seal, each eight ounces: boil them in six gallons of very strong wort to four; strain it off, and when you thin it up, pour into it juice of plantain and yarrow. each one pint; hang into it (in a bag) shepherds purse,

purse, knot-grass, sanicle, mouse-ear, each four handfuls; raisins stoned, twelve ounces: let all work together. This, the doctor observes, also gives strength to the blood; conglutinates ruptur'd vessels. is of singular avail against the whites, immoderate sweating, and ichorous ulcers.

For the Piles.

TAKE the juice of yarrow depurated, or cleansed, one pint; white sugar, two ounces: mix. When the flux is too violent, then this easily procur'd styptick may, says the doctor, bring good assistance; and was the great secret of a certain skilful physician. *Riverhus* says, that the decoction of yarrow used as an ordinary drink for three days together, happily takes off the pain of the piles. The dose is three or four ounces twice a day.

An Emulsion against the Piles.

TAKE the seeds of melons and pompions, of each half an ounce; white poppy-seeds, two drachms; five sweet almonds shell'd: beat them in a marble mortar, and pour in by degrees barley-water about a pint; rose-water, two drachms; fine white sugar, what is sufficient:

mix them well together, and give the patient three ounces very often.

A Bolus for the Piles.

TAKE pulp of cassia new drawn, two drachms; flowers of brimstone, half a scruple: mix, and make a bolus, to be taken at four o'clock in the afternoon, and ten in the morning, and let them take a draught of milk-water upon it.

A Fomentation for the bleeding Piles.

TAKE hounds-tongue, plantain, yarrow, elder-leaves, of each four handfuls, pomegranate-peels, one ounce: boil in water and rough red wine, of each three pints: in the strained liquor dissolve alum, half an ounce; sugar of lead, two drachms. It not only checks the bleeding piles, but also the immoderate flux of the menses.

A Fomentation for the dry Piles.

TAKE onions, linseed, of each four ounces; henbane, nightshade, yarrow, and house-leek, of each two handfuls: boil them in a gallon of water to two quarts: in the strain'd liquor dissolve of the best opium, two drachms. Bathe the part therewith, and it will soon give ease.

See Hemorrhages.

P L A G U E.

THE plague is often taken without manifest sense: where it has been found, it hath a scent of a mellow apple, and, as some say, of May-flowers. Smells of luscious or mellow flowers, as white lilies, cowslips, and hyacinths are by some thought bad for the plague.

The plague is not so easily received by such as continually attend the infected, such as physicians, keepers of the sick, &c. as by fresh persons; nor by such as take anti-

dotes, either inward, as mithridate, juniper-berries, rue, &c. or outward, as angelica, zedoary, &c. in the mouth, tar, galbanum, &c. to smell to: nor again by old people, and those of a dry and cold complexion. But it takes soonest hold of those that come out of a fresh air; of such as are fasting; of children; and it is also noted to go in a blood more than to a stranger, and therefore those of kin should not be too busy about the infected.

The most pernicious infection next the plague, is the smell of a gaol, when prisoners have been long, close, and nastily kept. Whereof, says the great Lord Bacon, we have had in our time, experience twice or thrice, when both the judges that sat upon the prisoners, and numbers of those who attended the business, or were present, sickened upon it, and died; it were therefore wisdom in such cases to air the gaol before the prisoners were brought forth.

Out of question, if such foul smells be made by art, and by the hand, they consist chiefly of man's flesh, or man's sweat, putrified. For they are not those stinks and foetid smells which the nostrils strait abhor, and expel, that are most pernicious; but such airs as have most similitude with man's body, and so the more readily insinuate themselves, and betray the spirits. Poisoning of air is no less dangerous than poisoning of water; and this may be too easily effected, in great assemblies of people in houses, &c. as in churches, at arraignments, at plays, and publick solemnities. This wicked art hath been practised by the Turks in war, and by Emanuel Comnenus against the Christians, when they passed through his country to the Holy Land. And these empoisonments of air, are the more dangerous in great meetings of people, because the great perspiration promotes the infection.

Particular persons have been poisoned by odours, and by perfumed gloves, &c. and 'tis probable the most deadly poisons are mingled with sweet smells, which make them the more efficacious.

Plagues also have been raised by anointing the chinks of doors, &c.

as the same author says; not so much by the touch, as for that it is common for men, when they find any thing wet upon their fingers, to smell to it.

Great plagues have been propagated in divers countries by the putrefaction of great swarms of locusts and grasshoppers, when they have dy'd, and been thrown in heaps.

In mines, are frequently such damps as kill either by suffocation, or by the poisonous quality of the mineral. And those that deal much in refining, or other works about metals and minerals, have often their brains hurt and stupified by the metalline vapours; among which, it is noted, that the spirits of quick-silver always fly to the skull, teeth, or bones; insomuch, that gilders use to have a piece of gold in their mouths to attract the spirits of the quick-silver; which gold they afterwards find to be whiten'd.

Many have been killed by the vapour of charcoal or sea-coal in a close room without vent; and it is the more dangerous, because it comes without any ill smell, stealing on by little and little, inducing only a faintness without any manifest strangling.

When the Dutchmen wintered at Nova Zembla, says Lord Bacon, and could gather no more sticks, they made a fire of some sea-coal they had, which at first much refresh'd them; but in a little while there grew a general silence and lothness to speak among them, and immediately after, one of the weakest of the company fell down in a swoon. Whereupon, doubting what it was, they open'd their door to let in air, and sav'd themselves. The effect, no doubt, is wrought by the insipilation of the air, and so of the

breath and spirit. The like enfires in young newly-plaster'd, if a fire be made in them, which occasion'd the death of the Emperor Jovianus. And the six in twelve months upon the first showers after a long drought. As is observed under the head of Air.

Some apothecaries upon stamping of coloquintida have been put into a great scouring by the vapour only.

P L E U R I S Y

Pleurisy, is an inflammation of the pleura, and is hardly distinguishable from an inflammation of any other part of the breast, and lungs, &c. and proceeds from a stagnant blood, and is to be remedy'd by evacuation, suppuration, or expectoration, or all together.

Bleeding ought to be used in the beginning of the distemper, and to be repeated as often as the circumstances of the disease and the patient's strength will permit; for many persons who cannot bear a sudden expence of blood will be very little affected by repeated bleedings in a small quantity.

When this is done, the *obstruction*, from whatever cause it arises, must be attempted to be open'd by testaceous or well-diluted volatile medicines. The following are good in this case; viz.

Take alexipharmick milk-water, four ounces; cold cinamon and black cherry-water, of each four ounces; Dr. Stephens's water or aqua mirabilis, two ounces; diaphoretick antimony, one drachm; syrup of red poppies, one ounce: mix, and make a julep; of which take three or four spoonfuls often in a day. Or,

Take crabs-eyes powder'd, one drachm; volatile salt of hartshorn, two grains; confectio of al-

And the burning of guiney-popper has often propos'd from the strength of its spirit, a continual sleeping from all in the room.

See Air, *Quintessence* of oil

PLANET-STRUCK

See *Cutaneous Distempers*

See *PLANETOS*

See *Herbs, &c.*

See *P L E T H O R A*

See *Constitution, &c.*

kermes without musk, one drachm and a half; mix for three bolus's; one of which to be taken every four hours, drinking upon it four spoonfuls of the following julep; viz.

Of bawm-water, four ounces; mint-water, two ounces; black cherry-water, three ounces; aqua mirabilis, two ounces; pearl prepared and powder'd, one drachm; syrup of red poppies, one ounce: mix, and make a julep.

You must then proceed to assist *expectoration*, and to ease the cough, for which the following prescription is excellent:

Take syrup of maiden-hair, two ounces; oil of almonds, one ounce; sperma-ceti, one drachm: mix and make a lambative; whereof take one or two spoonfuls whenever the cough is troublesome. And let the patient drink at pleasure of a liquor made of the decoction of the syrup of maiden-hair, two pounds; and balsamick syrup, two ounces.

If the pain continue vehement, lenient medicines must be administer'd both inwardly and outwardly; and the following are very proper for both intentions; viz.

Take black cherry-water, two ounces;

• ounces; poppy-water, cold pound;
 • two drachms; of Symp. of white
 • poppy, called no diacodium, a fix
 • drachms: mix, and make a draught
 • to be taken at bed-time.

2. Outwardly

• Take sperma-ceti, two ounces,
 • melt it; oil of almonds, three
 • drachms; ointment of orange-
 • flowers or marsh-mallows, half an
 • ounce: mix, and make an oint-
 • ment to be rubbed in morning
 • and evening, and apply a warm
 • flannel over the part.

After this ointment has been
 soaked in, half fill an ox-bladder with
 the following decoction, and apply
 it warm wrapt up in flannel, to the
 part; viz.

• Take a handful of rue and sage;
 • as much elder and chamomile-
 • flowers as is called a pugil, i. e.
 • as much as you can hold between
 • your two fore-fingers and thumb
 • at once; and half an ounce of ani-
 • seeds; and half an ounce of cum-
 • min-seeds: bruise them, and boil
 • them in equal parts of milk and
 • water.

If these methods prove ineffe-
 ctual, a blister may be apply'd to the
 part: the blood may be drawn off
 by cupping, or the matter may be
 brought to suppuration, as follows;
 viz.

• Take roots of mallow or marsh-
 • mallow, of lilies, of each one
 • ounce; leaves of mallows, flowers
 • of chamomile, of each one pugil;
 • elder-flowers, four pugils; fenu-
 • greek-seeds, and mallow-seeds, of
 • each one ounce; and eight fat figs;
 • boil all these in milk, till the whole
 • milk be evaporated: bruise them,
 • and add hogs-lard and fresh butter,
 • of each an ounce and a half: mix;
 • and make a poultice, and apply it
 • warm morning and evening.

When the imposthume is ready

to be opened, which is known by
 the softness of the part, and state-
 ment of redness and pain, open it
 either with a lancet or caustick;
 and then cleanse and heal it in the
 usual manner.

Cooling caustics ought to be
 given to moderate the heat of the
 blood attending pleuritis; and if the
 belly is not open, clysters should be
 administered; for both which inten-
 tions the two following are very
 proper:

1. To temper the heat of the blood in pleuritis:

• Take barley-water, two pounds;
 • of each of the four large cold seeds,
 • half a drachm: bruise them all in
 • a mortar together; strain out the
 • liquor, and sweeten with sugar,
 • for common drink to quench the
 • thirst.

2. To keep the belly open, and procure a stool:

• Take barley well cleans'd, a
 • handful; mallow-leaves, mercury-
 • leaves, and violet-leaves, of each
 • one handful; flowers of roses and
 • violets, of each half an handful;
 • boil in water to half a pound: add
 • cassia fresh drawn, and red sugar-
 • candy, of each an ounce; oils of
 • lilies and linseed, of each half an
 • ounce; common salt, one drachm:
 • mix, and make a clyster.

Remember to drink every thing
 milk-warm, encourage rest, and
 keep quiet.

An excellent physician gives the
 following observations on the cause
 and cure of this distemper, and the
 regimen to be pursued in it.

There is none of the membranes,
 says he, which invest the inside of
 the breast, but may be the seat of
 this disease.

The causes of it, besides those
 common to all inflammations, are
 often a particular disposition to in-
 flammatory

inflammatory distempers; a straitness of the arteries of the pleura; a callosity of that membrane; an adhesion of the lungs; the sudden admission of cold air by too thin cloathing; too hot a regimen; and especially the copious use of spirituous liquors; cold liquors drank when the body is very hot; a translocation of some inflammatory matter from some other part; but most of all cold air from a northerly or north-easterly wind; from which causes proper cautions may be taken in the regimen by way of prevention.

This disease is sometimes dry, without any spitting, and sometimes attended with expectoration from the lungs, and that is taken off by a coction and resolution of the feverish matter, or terminates in suppurations, or a gangrene.

The regimen ought to be much the same as in inflammation of the lungs, (see *Ulcer*) a cool, relaxing, slender, diluting diet, and avoiding all things which increase heat, even to hot air.

The symptoms of suppuration are the same as in inflammations of the lungs; when the matter is made, the side must be opened to let it out.

When the disease resists all remedies, the sudden abatement of the pain, a quick weak pulse, sometimes intermitting, short breath and cold sweats, are symptoms of a gangrene, and approaching death.

The following remedies have also been efficaciously try'd in this distemper, in particular cases.

For a Pleurisy, Phthisick, &c.

TAKE new drawn (not rank) linseed oil, three ounces; oil of aniseed, three drops; syrup of maidenhair, one ounce; spirit of salt armoniack, twelve drops: mix.

'Tis a nonfuch, says the communi-

cator, for a pleurisy. (where there is bloody spittle) inflammation of the lungs, and phthisick, due bleeding not neglected.

The patient must not drink in an hour at least after it, for the oil will be apt to get uppermost in the stomach, and be cast out by vomiting.
For a Pleurisy, and streightness of Breath.

TAKE linseed oil new-drawn, white sugar-candy powder'd and scarced, syrup of ground-ivy, each half an ounce; powder'd orris, one drachm; flower of sulphur, half a drachm; tincture of gum-ammoniack, twelve drops; oil of aniseed, four drops; salt of hartshorn, (or volatile salt of salt armoniack, or flowers of Benjamin) six grains: mix.

Against sixy Blood in Pleurisies, Rheumatisms, &c.

TAKE Irish slate, fifteen grains; salt of amber, three grains; salt of hartshorn, two grains; oil of nutmeg, one drop: mix.

For a Pleurisy.

TAKE linseed oil fresh-drawn, one ounce and a half; syrup of maidenhair, six drachms: mix them, and give the patient every five or six hours, drinking after it six spoonfuls of the following infusion:

Take stone-horse dung, six ounces; white-wine, one pint: infuse it cold, and very strong express'd: to the strain'd liquor add syrup of wild poppies, one ounce; sweet spirit of nitre, two drachms: mix them all together, and give the patient as before directed.

A Liniment for a Pleurisy.

TAKE ointment of marsh-mallows, one ounce; spirit of wine camphorated, two drachms; compound spirit of lavender, turpentine, of each one drachm: mix them together, and anoint the side griev'd with a warm

warm hand; and afterwards apply the following plaſter:

The Plaſter.

Take cumin-plaiſter, half an ounce; camphire, two ſcruples; oil of amber, fifteen drops: make them into a plaſter; ſpread it on leather, and apply it to the ſide affected.

N. B. The foregoing liniment and plaſter ought not to be uſed in caſe of ſpitting of blood, becauſe they rarify the fluids, and increaſe the ſymptoms.

A Decoction againſt the Pleuriſy.

TAKE pennyroyal, hyſſop, and chamomile-flowers, of each one handful; balls of ſtone-horſe-dung, number eight: ſteep them together in a cloſe veſſel three or four hours over the fire, with barley-water and white-wine, of each one pint; then preſs it out hard, and to the clarified liquor add compound horſe-ra-diſh-water, four ounces; and ſyrup of five roots, two ounces: mix, and keep them for uſe.

It is an almoſt infallible remedy for pleuriſies, and any ſtitches in the

breast or ſide. Take about four ounces for a draught.

A Water for the Pleuriſy.

TAKE fresh horſe-dung, number twelve; white-wine, a gallon; ſweet fennel-ſeeds, parſley-ſeeds, of each two ounces; treacle or meliſſa, one pound; polypody of the oak; butchers-broom, liverwort, of each two handfuls; ginger, three ounces: mix, and diſtil with a gentle fire. It prevails againſt pleuriſies, pains, and rheumatisms. Give four ounces, and go to bed and ſweat upon it.

See Gout, Inflammations, Rattleſnake Root, Rheumatisms, Venomous Bites, Ulcers, &c.

POISONOUS PLANTS.

See Venomous Bites.

POLYPUS.

See Smelling.

P O X.

See Venereal Diſeaſe.

PROUD FLESH.

See Ulcers, Wounds, &c.

P U R G E S.

See Diet, Evacuations, Stomach, &c.

Q U I E T.

SEE Exercise.

Q U I N S Y.

A Quinſy, or Squinancy, is a difficulty of ſwallowing, putting the patient in danger of ſuffocation by reaſon of the tumour in that part. In treating this diſtemper, wrap up the neck and breast warm with clean ſoft wool, never dy'd, dipt in warm ſweet oil; uſe warm water for common drink, and bleed in the foot. If there be no tumour, the quinſy is almoſt always mortal. When the redneſs is moſt thrown outwards, it is moſt ſafe.

Linſeed oil can never be commended too much.

Thoſe who are of a ſanguine complexion, and have red hair, are the moſt ſubject to this diſeaſe.

A large quantity of blood ſhould be ſpeedily taken from the arm, and afterwards from the ranula; then touch the affected parts with the following mixture:

Take as much as you pleaſe of
‘ honey of roſes; a ſufficient quantity of ſpirit of ſulphur, to the
‘ higheſt tartneſs: mix it, and let a
‘ cupping-glaſs be applied to the
‘ nape of the neck.’

If the diſtemper does not yield

to the first bleeding, repeat it, and inject a clyster; also a purge may be given.

Among gargarisms the patient's own water is much commended; also juice of greater houseleek with spirit of wine, sal armoniack, and doge-dang; but above all, one of a decoction of rape, with a little sal armoniack.

Externally apply the following cataplasm:

- Take one swallow's nest, three onions roasted on the ashes under the hearth, two pugils of elder-flowers; boil 'em in milk; and pass 'em thro' a sieve; then add half an ounce of album græcum; half a drachm of distill'd chamomile oil, a sufficient quantity of white lilies: mix 'em, and make a cataplasm.

A vomit is convenient in the beginning of a malignant quinsy, if taken in time.

Warm vapours should be constantly used; thus,

- Take elder, rose and marigold-vinegar, each one ounce; distill'd elder-water, six ounces; mix 'em, and let the warm fumes be drawn into the throat thro' a funnel.

To break an imposthume a gargarism of mustard-seeds boil'd in metheglin is proper.

In order to promote spitting:

- Take oil of sweet almonds, and flower of brimstone, each one ounce; crystaliz'd tartar, and sugar-candy, each two drachms; four drops of nutmeg-oil; three ounces of syrup of wild mallow: mix 'em, and make an electuary.

Or the following powder:

- Take mineral crystal, and crystaliz'd sugar, each an equal quantity: mix 'em, and make a powder. Hold a scruple of it in the mouth till the spittle flows plenti-

fully; then spit it out: repeat it in a quarter or half an hour's time, and it will produce a wonderful spitting.

The juice of the green shells of nuts depurated, with honey, is also commended.

If froth appear about the mouth in a quinsy, it is a mortal sign.

In this distemper, the patient is sometimes forced to undergo incisions made in the throat and tongue, tho' generally without effect; for the apparatus of which we refer to the surgeons.

In a spurious quinsy there is no need of bleeding, except in persons full of humours.

Sweating medicines are of service at first; and afterwards, gentle purges, with outward resolvents, a gargarism made of decoction of wild marjoram, root of pellitory of Spain, mustard-seed with vinegar, &c. and lastly, juice of houseleek with syrup of mulberries.

Or the following gargarism:

- Take one drachm and an half of Jews-ears; two drachms of pellitory of Spain; two pugils of herb-hyslop; four fat figs slit: boil 'em in a sufficient quantity of spring-water to one pint, adding towards the end four ounces of the best honey: strain it, and add two scruples of small dust of album græcum; two ounces of rectify'd spirit of wine; half an ounce of spirit of scurvygrass: mix 'em, and make a gargarism.

The following account of the causes of this distemper, with further directions for the cure, and the regimen to be observed by the patient, will be very proper in this place.

Sometimes this disease, says an excellent physician, proceeds from a serpsity obstructing the glands, which

may

may be watry, cedematous, schirrous, according to the several degrees of the viscosity or toughness of the humours; sometime inflammatory, which inflammation will sometimes end in a suppuration, or gangrene.

The difficulties of breathing and swallowing, which happen without any swelling outward or inward, after long diseases, proceed commonly from a resolution or paralytical disposition of the parts, and are the immediate forerunners of death.

The regimen in those quinsies which proceed merely from the obstruction of the glands, must be to use such warm liquors as gently relax, soften, and moisten those glands, such as carry off the redundant serum by stool, sweat, and urine; or by stimulating, open the excretories of these glands to secrete the humour.

In a mere watery tumour, the diet may be more warm than in the inflammatory, and the moderate use of wine often relieves the patient.

The difficulty of swallowing and breathing, occasion'd by schirrosities of the glands, is not to be cur'd any otherwise than by extirpation.

Those who are subject to inflammations of the throat, ought to live temperately to prevent a plethora; or to break such a fulcrum speedily by proper evacuations, to beware of cold air, too astringent or stimulating aliment or medicine, and violent exercise, which heat, by increasing the projectile motion of the blood; but especially the swallowing of cold liquors when they are hot.

In these inflammations a slight diarrhoea or looseness relieves; therefore aliments which promote it, are useful, as tamarinds infus'd in whey. Decoctions and emulsions of farinaceous vegetables moderately aci-

dulated, and such as abound with a cooling nitrous salt, are proper; it is commonly thought that pimpinella, saxifraga, or hysop, is a specific in this case: every body knows the benefit of mulberries, taken all manner of ways. All acids, as sorrel, juice of lemon, &c. abate inflammations.

The mouth and throat must be kept moist, and the nose clear, that the air may have a free passage through it; for air drawn by the mouth, dries.

When the deglutition is totally abolish'd, the patient may be nourish'd by clysters, which I have known to have been done for a whole week, after which the tumour suppurated.

When the inflammation ends in a gangrene, the case generally proves mortal, except it be only in the tonsils, uvula, and palate, and go no further, which parts may be separated, and the patient live.

The following approved recipes will conclude this article.

For a Quinsy.

TAKE salt of nitre, half a drachm; sugar of lead, half a scruple: make a powder, and take three or four times a day in a proper liquid.

A Gargle for the same.

TAKE of pectoral decoction, a pint and a half; marsh-mallow roots, half an ounce; marsh-mallow, and sage-leaves, of each one handful: boil to a pint, and add sweet spirit of nitre, half an ounce: mix, and use it often a little warmed.

A Powder for a Quinsy.

TAKE burnt alum, and bole armoniac, of each one drachm: mix, and make a powder, and blow into the throat and uvula.

A Gargle for a Quinsy.

TAKE columbines, two handfuls; inner rind of elm, one ounce; Jews-ears, liquorice, album græcum, each

each half an ounce: boil in water two pints and a half to twenty-six ounces; in the strain'd dissolve salt armoniack, two drachms; syrup of raspberries, honey of roses, each three ounces.

It moistens, foment, and mollifies the muscles of the throat when inflam'd, swoln up till almost crack'd, parch'd, and scorch'd with drought and heat. It cleanses the glands,

and salival ducts, when outwardly smear'd over with slime, and opens them when inwardly stuff'd up with phlegm.

But where viscid phlegm is the main cause, and the glands suffer more than the muscles, there's a necessity of flying to such medicines as attenuate powerfully and draw out.

See *Mouth, Throat, Uvula.*

RATTLE-SNAKE ROOT.

THE following account of the virtues of this root having been published in the papers, Nov. 3, 1739. we think it of too important a nature, to be omitted in this collection. It was published under this title.

To the PUBLICK.

The Memorial of John Tennent, Practitioner in Physick, lately from Virginia.

THE author sets forth, That he had been induced to make a free and open publication of a discovery he made in Virginia in the year 1735, which promises extraordinary benefit to mankind, and seems to open an *occult scene* in physick.

It is the deduction of the further efficacy of the root of a plant discover'd by the Seneka Indians in America, to prevent death following the bite of the rattle-snake, whose poison in the hottest months is so very virulent, as to kill in the space of a few minutes often; but if the person upon being bit has this root to chew, and swallow immediately, it operates so instantaneously, that it carries off the frightful forerunners of death, which proves its great subtilty and activity, preventing thereby the blood's stagnation, which is the end of all diseases.

The quality of the root was no-

toriously known in Virginia, and the neighbouring colonies, for upwards of twenty years before the deduction of its further efficacy, the Indians having communicated it to the white people; but in that time none would attempt to apply it in other cases, tho' proposed to several.

It appear'd, first from theological, and next physical reasoning, in a general way, that from so powerful an effect of a root, some other great purposes must be answer'd; and in the course of reasoning upon the dissolution and coagulation of fluids, it follow'd, that the most epidemical and mortal disease of Virginia, and the neighbouring colonies, call'd a Pleurisy, must be cured by it.

That it has answer'd that important end, the votes of the Virginia legislature will testify, which soon will be made publick, with remarks: By these votes is also to be seen, that other diseases are cured by it, besides that epidemical one of the American colonies.

In the course of experience, it is prov'd to be a successful remedy in all the stages and kinds of pleuritick and peripneumonick fevers, quartan agues, rheumatism, anasarca, (i. e. a dropsy) and gives surprizing relief in the fit of an asthma: it also has a greater effect in the gout than any thing yet tried; and from these

facts,

facts, it may be said, that it promises a more extensive use than any one medicine in the *materia medica*.

As to the method of administering it in these diseases, the advice of a physician is requisite, that he may take under his consideration their particular symptoms and causes: and as an handle for the learned to improve this medicine, a book will in a short time be publish'd, setting forth the theological and philosophical deduction of the root's efficacy, from its preventing death after the rattle-snake's bite, the general method of giving it in the diseases aforesaid, and particular uses that occurred in practice, with animadversions on each case.

On this occasion, however, 'tis supposed not amiss to notify to the learned, that this root answers the cure of an anasarca and quartan agues best given in powder; pleuritic and peripneumonick fevers, and paroxysm of an asthma, in decoction; the rheumatism and gout, in tincture made with spirit of wine, and camphire added. These different preparations, in these several diseases, are so necessary, that the root given in a contrary manner hath prov'd abortive; whence it seems to follow, that an analysis of it is necessary to be made, to give light into its nature, and the diseases it affects, according to its modification. Its operations are different, tho' given in the same manner, being either emetick, cathartick, sudorifick, or diuretick, according to the state of the human body.

To give the world some light in the mean time into the efficacy of this medicine, 'tis requisite to notify, that it carries off a fit of the gout in a short time, and when properly taken, for a considerable time afterwards; tho' it does not entirely

prevent the return of the fits, it affects their source so powerfully, that they will but seldom invade, and when they do it is but slightly, and then may quickly be remov'd by this medicine: but when the disease is advanced to such a stage as to be attended with chalk stones, and contractions, 'tis not to be expected that they can be remov'd; admit that the primary cause could be eradicated; yet it is reasonable to think that they may be lessen'd in a great measure, under the operation of a powerful internal medicine, and application of a proper external one at the same time; and even in this advanced stage of the gout, the fits may be diminish'd, the time between them lengthen'd, and when they attack are to be carried off very soon.

As this is truth, being found so by experience, which cannot be contradicted, no question but those of superior genius may improve so efficacious a medicine. The memorialist is of opinion, that the resin and salt of this root, join'd with Mercury in some shape, may go a great length towards curing the gout; but he humbly submits that opinion to the judgment of the learned physicians here.

Many have been censur'd for prescribing in the gout, and indeed very justly, because such prescriptions were, as quack medicines are for the most part, fraudulently intended, and consist in wonderful secret matters, &c. But from the measures taken in this affair, with regard to humanity, disinterestedness, and honour of the art of medicine, 'tis presum'd that the cause of all censure is remov'd: And as the gout is a most painful disease, and styled the reproach of physicians, for the benefit of mankind, and to let the world see that improvements

are still to be made, the method of preparing and taking this root is as follows:

- Take four ounces of the Seneca
- rattle-snake root, reduced to a
- gross powder; mix it with a quart
- of the best rectify'd spirit of wine
- in a glass proper for a sand heat,
- in which let it digest twelve
- hours, by keeping up a common
- degree of heat; then let it cool,
- strain off the tincture, decant, and
- filter, and add half an ounce of
- camphire to each pint. The dose
- is from one common spoonful to
- one and an half, in a glass of warm
- Canary, or some soft Spanish wine,
- and to be repeated every four or
- five hours, till ease is obtain'd.

The patient must keep warm in bed all the while, and take for drink weak sack-whey, warm. There must be no more bed-cloaths than usual; for tho' the operation of the tincture may be by sweat, it must not be forwarded, as is commonly done in taking sweats.

This method may be follow'd in any stage of the-disease, and in any time of the fit, but if begun upon its first attack is still better; and whether it invade the head, stomach, intestines, or joints, there is no danger in following the method, which, generally speaking, will remove the fit in about twenty-four hours, tho' the effect in some cases may be quicker, and in others slower; so that the tincture must be continued according to its effects. In some particular cases, *bleeding* is so necessary, that without it this method may prove unsuccessful: In such a case the assistance of a physician is necessary to judge of the quantity to be taken, as well as other circumstances which may attend that particular patient: but they who may be so situate as

not to be near a physician, will find this method answer for the most part, which will shew that the bad success hitherto attending prescriptions in the gout, occasioning its being term'd the reproach of physicians, was neither a sufficient reason for that term, nor of giving up the point, unless it could have been prov'd that the art of medicine was at its *plus ultra*.

To take this root for a considerable time, to lengthen the time of the return of the fits, the advice of a physician is highly necessary, that he may judge of every circumstance of the case, such as age, sex, stage of the disease, temperament, &c. and then prescribe accordingly.

The apothecaries who may be applied to for this tincture, may buy the root from those who have it from Virginia, where it grows in great plenty; which leads to remark, that the more common a plant is, 'tis to be thought more *useful*, for that is the characteristic of Providence, intimating its general use to mankind; tho' this is contrary to the notion of some *curious* people, who are apt to ascribe *great properties* to things *seldom to be met with*.

It were to be wish'd, (the editor presumes to add) that physicians would prescribe this excellent root, with a little more cheerfulness than they seem to do. But the faculty are so determin'd generally by the old rules, (tho' once they were new) that one would be led to imagine, they thought the art capable of no improvement since the days of *Galen*, *Hippocrates*, &c. The treatment Mrs. *Stephens's* medicines for the Stone long met with, as well as this, will warrant our observation.

R E I N S

See Stone, &c.

RHEU

RHEUMATISM.

RHEUMATISM seems to be brought about by much the same causes as the mucilaginous glands in the joints are render'd stiff and gritty in the gout.

If the distemper newly attacks the patient, and is yet gentle, tho' teazing, and causing restlessness, he may rub the parts affected with a hot flanel and Hungary-water, or rum, brandy, or well dephlegm'd spirit of malt, or with any spirit distilled from aromack herbs, as minth, marjoram, thyme, &c.

If the pain should be universal, and disturb rest, tho' not violent, stowe the bed with aromack and fetid gums in a warming-pan, and go into it while warm; which is a kind of dry and artificial bath, that will open the pores, and has often had good effects.

If it be violent, and confine the party to bed, and he be feverish, dry, hot, and parched, and the parts affected swell, and so it may be deemed a true or an inflammatory rheumatism, it must not be neglected, lest it turn to a fever, a gout, or a dropsy. He must lose, according to his age, strength, or pains, from ten to twelve ounces of blood, and be confined to the same diet as in a high fever; namely water-gruel, poach'd eggs without vinegar, panada; and drink no wine nor strong liquors, and only toast and water: if the pains be violent, he must repeat bleeding to forty or fifty ounces.

When the pains abate by this evacuation, and a sediment begins to be seen in his water, which will be about the fourteenth day, he may take a dose of gentle purging physick, made up of a drachm of sena leaves clear of stalks, and salt of

wormwood, four or five grains; pour on to these a gill or four ounces of boiling water; let them stand on embers all night: next morning strain it, and to the liquor put syrup of roses or peach-flowers, one ounce; and two drachms, or half an ounce of cinnamon-water, and drink it. This will move four or five times gently, and carry the diseased matter out of the blood, and which is now in proper state to be carry'd off. At night a pacifick draught may be taken to allay any disturbance caus'd by the physick, and so alleviate the pains, which will not probably be intirely overcome. Repeat this physick for thrice, at the distance of three days each time, and the cure will most probably be compleated.

If the pain be very uneasy, and fix'd upon one part only, a poultice of bread, saffron and milk may be apply'd to the swelling, which will soften and relax the fibres, and cause them to swell more outwards, and press less inwards, and so will give some respite till the cure can be compleated.

If it be a wandering rheumatism, which fixes no-where, confinement is not so necessary as in the former: in this case the party should bleed once or twice to eight ounces; drink volatile spirit of hartshorn to thirty drops twice or thrice a day in sack: take care to keep warm: should avoid pickles and salt meat, and eat fresh meat, and take freely horse-radish, pepper, or mustard, which attenuate and thin the blood, that is always fizy and thick in rheumatick disorders; and which may be used the more freely, as a fever seldom or never attends on this kind of rheumatism.

If there be a specifick in aliment, it is certainly *why*. I knew a person subject to this disease, says an eminent physician, who could never be cur'd by any other method but a diet of *why* and *bread*. A *milk-diet* is likewise effectual for changing that saline constitution of the serum of the blood.

Cream of tartar in water-gruel, taken for several days, will abate the pains and swellings considerably, by its acidity correcting the alkaliescent salts in the blood.

In obstinate sciatic pains, blistering and cauteries have been found effectual, and the most penetrating medicines, especially the ethereal oil of turpentine mix'd with honey.

Having been thus particular in the several cases that may happen in this distemper, we shall need the less to enumerate recipes on the occasion. However the following easy and safe ones may be very pertinently used, as the case may require.

A successful Remedy for a kind of Rheumatism, and a Contracture of the Limbs that followed upon it.

TAKE the inward bark (that which grows next the wood) of an elder-tree, cut or tear it into small bits, and with them loosely plac'd fill about a third part of a bottle; then pour in as much small ale or beer as will fill up the remaining part of the vessel; stop it well till the liquor be strong of the infusion: and of this let the patient drink a good draught once or twice a day; or if he can well bear it, let him use it as a diet-drink.

To thin the Blood, and disperse rheumatick Tumours.

TAKE two spoonfuls of liquid gum guaiacum, in a glass of water going to bed, every night for some time.

For the Rheumatism.

TAKE a handful of scurvygrass, a handful of horse-radish scrap'd, a large spoonful of mustard-seed bruis'd: infuse them in a quart of mountain. When they have stood a week, drink a glass of it an hour or two before dinner, and fill the bottle up again with wine.

For the same.

TAKE an ounce of mustard-seed bruised, put it into a quart of white-wine; let it stand three days, pour it off clear; then put a pint of milk on the fire, and when it boils, put into it a quarter of a pint of water, and a quarter of a pint of the mustard-wine, and a little of the juice of Seville-orange, give it one boil, and strain it. Take this quantity three nights running, then miss three nights, and then again take it three nights, till you have taken it nine times: this will make the person sweat; if you chuse not to sweat with it, take only a wine-glass of the clear mustard-wine, night and morning, as long as you chuse.

For the same.

TAKE powder of gum guaiacum, cinnabar of antimony, of each one scruple; Venice-treacle, half a drachm; syrup of clove gilly-flowers, a sufficient quantity to make a bolus, to be taken going to rest, and early in the morning, with four spoonfuls of the following julep.

Take treacle-water, compound horse-radish-water, of each two ounce; black cherry-water, alexiterial milk-water, of each three ounces; syrup of lemons, one ounce; compound spirit of lavender, two drachms: mix them, and make a julep.

An Elixuary against the Rheumatism.

TAKE gum guaiacum, cinnabar of antimony, Virginia snake-root,

root, of each two drachms; powder of castor, one drachm; contrayerva-root, orange-peels, rosemary, of each half an ounce; syrup of lemons, a sufficient quantity to make an electuary; of which take a large nutmeg in quantity, three times a day, drinking after it a draught of warm sassafras tea.

Dr. Sydenham's Receipt for the Rheumatism.

TAKE water of lettuce, purslain, and water-lilies, of each four ounces; syrup of lemons, one ounce and a half; syrup of violets, one ounce: mix, and make a julep. Let the patient drink of it at pleasure. Apply a poultice of white bread and milk to the part affected.

The same celebrated physician gives the following, which he calls *An effectual Remedy for a scorbutick Rheumatism.*

TAKE fresh conserve of garden scurvygrass, two ounces; of wood-sorrel, one ounce; compound powder of aron, six drachms; syrup of orange, as much as sufficeth: mix them to an electuary, and let the patient take two drachms three times a day for a month, drinking three ounces of the following water after each dose:

Take garden scurvygrass, eight handfuls; brooklime, water-creffes, sage and mint, of each four handfuls; the rind of six oranges; nutmegs beaten, half an ounce: infuse them in twelve pints of Brunswick mum, and distil them in a common still, drawing off only six pints of water for use. N. B. The exact dose of the compound powder of aron must be observ'd, or at least must not be lessen'd.

For the Rheumatism.

TAKE cow-dung gathered in May; put to it one third part of white-

wine, and distil it. Give the patient four ounces going to rest.

It is likewise good against the gout, stone, and stoppage of the urine.

A sovereign Remedy for rheumatick Pains.

TAKE fenna, hermodacts, turpethum, and scammony, of each two drachms; zedoary, ginger, cubeb, of each a drachm: mix them and powder them. Take one or two drachms in a convenient vehicle. Anoint the parts affected with the following ointment:

Take palm-oil, two ounces; oil of turpentine, one ounce; volatile salt of hartshorn, two drachms: afterwards lay on a plaister of mucilagines.

A Bolus to carry off rheumatick Pains by Sweat.

TAKE long-pepper, grains of paradise powder'd, of each half a drachm; Venice-treacle, one drachm: mix, and make a bolus, and take it going to bed: while you sweat, drink sage-posset. Take care of catching cold.

An approved and cheap Medicine for the Rheumatism.

TAKE an ounce of scio turpentine, wash it clean, and make it into pills, with a little liquorice-powder; and take three, four, or five, first thing in the morning, and last at night.

See Gout, Rattle-snake Root, Siccatica, &c.

RICKETS.

See Childrens Distempers.

RIGOR.

See Fevers.

RINGWORM.

See Cutaneous Distempers: Also Cosmeticks.

ROOTS, MEDICINAL.

See Herbs, &c.

N 2

RUP.

R U P T U R E S.

A Rupture, in general, is a falling down of the small guts, or the caul of the bowels, and is commonly incurable in old persons. Sometimes it produces the iliack passion, sometimes a gangrene.

The cure must be begun, by discharging the excrements by means of an emollient clyster, using a fomentation of emollients and carminatives with spirit of wine, &c. Afterwards the guts must be kept in their place by proper bandages.

Lying on the back, especially for old men, is esteem'd an infallible remedy.

Vulneraries, especially thorough-leaf, and the greater wallwort, are commended.

That sort of rupture which proceeds from wind, is the easiest to cure. The same medicines which expel wind and the colick, are proper here; outwardly, discutient fomentations, cataplasms of bean-flower, cummin-seeds, cow's-dung, brimstone, &c.

Whoever is much weaken'd with a rupture should take care of eating improper food, and drinking hot or spirituous liquors; and ought to abstain from windy things, which may cause colick pains and convulsions; and beware of contracting a violent cough; because all these things increase the distemper exceedingly.

When it cannot be reduc'd, it presages great and sudden danger. Violent pains, irregular vomitings, hiccoughs, and lastly a faint pulse, and cold sweats, succeed, the certain symptoms of an approaching gangrene, and speedy death. The rest of the cure, as incision, castration, &c. we omit, as belonging properly to the surgeons.

But the following approved recipes fall naturally in our province.

For a Rupture, especially in a Child or young Person.

TAKE of the geranium, commonly called columbinum, reduce the root and leaves to fine powder, and let the patient take about half a spoonful at night and morning for three or four weeks together, washing it down each time with some spoonfuls of red wine.

For Ruptures in the Belly, especially in Children.

HAVING well cleans'd the roots of Solomon's-seal, scrape one ounce of them into a quart of broth, and let the patient take a mess, or a porrerger full of it for his breakfast; or else give half a drachm, or two scruples of the powder of it at a time, in any convenient vehicle.

The Rupture-plaister, which braces up and strengthens the relaxed Parts.

TAKE of galls, the bark of oak, pomegranate, and balaustines, all reduced to powder, each three ounces: steep them in vinegar for four days; afterwards pour the vinegar off, and let them be well dried; then add thereto the following powders; viz. the roots of the greater comfrey, and tormentil, each three ounces; frankincense, myrrh, mastich, each two ounces; dragon's-blood, litharge of gold, prepared calamine, Armenian bole, (washed in vinegar, and afterwards dried) each three ounces. The foregoing powders being mixed, let them be put by degrees to the following ingredients, melted together; viz. solid pitch, two pounds; yellow wax, a pound; Venice turpentine, a pound, or enough to make all into a plaister according to art. Apply it fresh every day, after putting

ting up the gut, which must be secured by a proper truss.

A Cataplasm for a Rupture.

TAKE pomegranate peels, tormentil-roots, red roses, balauftine-flowers, of each one ounce; wheat-flour, the weight of the whole; red wine, a sufficient quantity: make a cataplasm, and apply some of it to the part affected, with a little oil of roses.

A Fomentation for Ruptures in Infants.

TAKE the leaves of rosemary, wormwood, marjoram, rue, of each half a handful; lavender-flowers, one handful: boil a little in a sufficient quantity, and to a pint of the strain'd liquor, add spirit of wine camphorated, Hungary-water, of each one ounce: mix, and make a fomentation, to be applied often.

See Childrens Distempers, Colicks, &c.

SALIVATION.

SEE *Venerreal Distempers.*

SARCOMA.

See Smelling.

SCALDS.

See Burns.

SCHIRRHUS.

See Twisting of the Guts.

SCIATICA, or HIP-GOUT.

THE symptoms are, first, an heaviness in the part affected, which cannot be moved without great difficulty, with a slight numbness and stinging in the part, and a pungent pain. Sometimes it is attended with a fever, and grievous pains in the loins down to the metacarpus; the leg withers, grows shorter, and is very weak and lame.

Let the patient take, according as his strength will bear, from one to two drachms, or half an ounce, of ethereal spirit of turpentine, (viz. that which in distillation comes off betwixt the spirit and the oil) with a triple quantity of fine honey, every morning, upon an empty stomach, for four, six, or eight times, drinking after it two or three draughts of sack-whey.

At night let him take a dose of Matthew's pills; and, on a nausea, omit taking the spirit for a day or two.

To take away the reliques of the disease, give the patient a dose of

flower of brimstone in milk, twice a day, for some time. Coloquintida put into clysters is also good for this disorder.

Root of white briony, fresh bruised, and mixt with linseed oil, and applied warm to the part, will perfectly cure the pain.

Poterius's plaister is commended, to be applied as follows:

' Take four ounces of stone-pitch;
' half an ounce of Venetian-turpentine; of mastich and amber, each
' two drachms; common brimstone, half an ounce: mix 'em,
' and make a plaister.'

The leaves of the lesser yellow crow-foot, stamp'd, and applied a little below the knee, will blister the part, and cure the distemper.

A mixture of quick-lime and liquid soap is also very good, as a caustick, if other means fail of the desired success.

The following receipts have been try'd to good purpose in particular cases.

For the Sciatica, when the Part is weak.

TAKE the plaisters of oxycroceum, of ruptures, of Paracelsus, of each one ounce; camphire, two drachms; oil of amber, one drachm and a half: mix, and make a plaister; to be spread on leather, and applied to the part affected.

For the same, when the Parts are contracted.

TAKE the plaister of diachylon, with the gums, two parts; ammoniacum and cumin plaisters, of each one part: mix, and apply them.

Another.

TAKE mustard-seed powder'd, half a pound; white pepper and ginger, of each one ounce: mix together in a fine powder, and keep in a glass close stopp'd: and at the time of using, make into a poultice, with oxymel of squills.

Another.

DRINK the juice of St. John's-wort for forty days; or take two drachms of the seed in any convenient liquor: it purges the belly, and eases the pain.

Another Remedy for the Sciatica.

BOIL in a pottle of good white-wine vinegar, on a quick fire for half an hour, an handful of each of the following herbs; viz. of chamomile, feyerfew, rue, rosemary, red-rose leaves, sage and wormwood; then strain off the li-

quor thro' a coarse cloth, and keep it for use.

Put the vinegar into a pan like a milk-pan, but much narrower at the bottom. Take a brick and hew it round according to the breadth of it: heat it red hot in the fire; then take it out with the tongs, and put it into the vinegar in the pan, which should be so narrow at the bottom, that the brick may be an inch under the vinegar. After it has remain'd there a quarter of an hour, or more, take it out with the tongs, and in a napkin take it in your hands, and hold the flat side as near the hip as you can bear it, and still nearer and nearer, as the brick grows colder, till it touch your bare skin. Let this be performed in the morning while warm in bed, and have another napkin ready to wipe off the sweat as fast as it rises in any quantity; and take care to provoke sweating by a good quantity of cloaths on the bed. Take away the brick when cold, and apply a plaister of Paracelsus three inches broad, (pricked full of holes with a knife's point) all along the region of the loins, as low as you can; and keep it on continually: it will cause an itching at last, which is a good indication. When you begin to feel it cold, take it off, wipe it, heat it, and apply it again, or take a fresh one.

See Gout, Rattle-snake Root, &c.

SCROPHULOUS.

See King's-evil, Leprosy, &c.

S C U R V Y.

THIS is the reigning distemper of England, and is caused by eating so much flesh-meats, which we do without considering seasons or circumstances of the creatures killed for our nourishment. From July to the last of November,

all sorts of herbage on which cattle feed, is in decay; the air is more gross, it is the creatures time of generating, in which they are generally unclean; and rots and murrains then mostly abound; wherefore to be sparing in these months,

in flesh-meats, and careful about the choice of them, is certainly very requisite. And to say nothing of the religious part, we shall observe that the keeping of Lent in the spring months, when all nature, as it were, is in a ferment, and begins to put forth as well in the blood of animals, as the juices of vegetables, is a most wholesome and requisite injunction for laying in a foundation of health for the following seasons.

This disease is productive of very troublesome disorders, which appear in different shapes. It is distinguished principally into *hot* and *cold*.

For the cure of the former; viz. the hot scurvy, the following general rules ought to be observed.

Sours, as the juice of oranges (as the common sailors in the Streights and the West Indies experience) are deemed good; but as there is an acrimony in some people which will not bear sour things, it is safest to dilute well with fresh water, or water-gruel; and so much the rather, as the species of the distemper may be mistaken; and soures may do harm in one; but water will do good in both. Hence in a hot scurvy, diluting well with German spaw-water at meals, and at all times where thirst requires it, will be useful. And let the following direction be followed; viz.

‘ Take spirit of lavender, one ounce; spirit of hartshorn, half an ounce; spirit of salt dulcify’d, six drachms: mix them, let them ferment a while; then close up the bottle; and taking thrice a day, for six weeks, thirty drops in any liquor, in a wholesome air, will be of great service.’

For the cure of the *cold scurvy*, let the following general rules be

observed, with regard to diet and regimen; viz. Let the air be clear and pure, and far from the sea side; let the victuals consist of meats of easy digestion; let them avoid salted, smoaked and sour things, let their beer be well boil’d and hopp’d; or let it be medicated with scurvy-grass, brooklime, water-creffes, fir-tops, wormwood, savory, thyme, marjoram, rosemary, &c. and let too much sleep, too much watching, too much motion, and too much indolence be avoided; and the following prescription is very suitable in this species; viz.

‘ Take mint-water, two ounces;
‘ Dr. Stephens’s water, one ounce;
‘ lenitive electuary, two drachms;
‘ cream of tartar, one drachm; syrup of solutive roses, one ounce:
‘ mix, and make a potion to be taken once a week in a morning.’

And the following is a good medicine for such as are troubled with this distemper at sea, taking sixty drops of it in strong wine, or any liquor thrice a day constantly; viz.

‘ Take tincture of antimony, one ounce; of amber, half an ounce; of elixir proprietatis, two drachms; sal volatile okosum, a drachm and a half.’

This distemper chiefly invades in the winter, and that principally such as are sedentary, or live upon salted and smoaked flesh and fish, or quantities of unfermented farinaceous vegetables, and drink bad water; such as are hypochondriacal and hysteric; and sometimes such as have taken the Peruvian bark, either in great quantities, or without proper evacuations. From which causes, he tells us, the best rules are taken for prevention.

The *scurvy* of *mariners*, adds this gentleman, is generally cured by acids; as, all sorts of ripe fruits, lemons,

lemons, oranges, buttermilk; alkaline spirits hurt them; and acid spirits, as that of salt, do them good; when the symptoms are attended with an ill smell of any kind, either in the urine, mouth, breath, with drought, heat, hæmorrhage of the gums, or of any kind, such a disease will be cur'd by acescent substances, and none better than whey: in this scurvy chalybeate waters are generally effectual.

If the scurvy be entirely murietick, or salt, or briny, proceeding from a diet of salt flesh or fish, the vegetables commonly called antiscorbutick, (see those under HERBS) as water-cresses, scurvygrass, and brooklime, may be given with success, but tempered with acids, as the juice of oranges and lemons: and the pot-herbs which are antiacid in this case are a proper diet (see also ALIMENT); but if there be a high degree of heat and inflammation, the hot antiscorbuticks (see HERBS, as above) will do hurt.

If the patient be pale, cool, without thirst, with pale or natural colour'd urine, with a previous diet of acescent substances, the eruptions not of a high inflammatory or livid colour, the warm antiscorbuticks, animal diet, and animal salts, are proper.

There is great attention to be given to the condition of the mouth, gums, and teeth, (see TEETH) in the scurvy, from which the nature and degree of the disease may be guess'd at. Violent purgings always hurt scorbutick constitutions; lenitives relieve. Bleeding is not proper, unless where the symptoms are urgent, and the case inflammatory.

The following experienc'd recipes, will complete this article.

An excellent Drink for the Scurvy.

TAKE two handfuls of water-trefoil, and let it work in about eight gallons of wort, instead of hops or of small ale or wort, made for it; and let the patient use it for all or the greatest part of his ordinary drink.

An easy but effectual Method for light scorbutick Blotches, Pains or Aches.

A Noint the pained part from time to time with salting-spittle; and if you will have the medicine a little stronger, you may put rochalum to the bigness of a small pea in your mouth, before you employ the spittle.

For a cold rancid Scurvy, Palsy, Dropfy, and flying Pains.

TAKE garden-scurvygrass, gathered in a dry time, as much as you please; press out its juice; fill a vessel with it, suppose of four gallons; work it (like ale) with yeast, two spoonfuls: when it hath done working, bung it up close, and keep it in a good cellar. At six months end, 'twill be clear, and yellow like sack, and then bottle it out, and it will keep a good many years, saith the eminent Dr. Willis.

Drink three or four ounces twice a day.

A Decoction against the Scurvy in Winter, when Herbs have little virtue.

TAKE pine or fir-tops cut small, four handfuls; winter's-bark bruised, half an ounce: boil in water one quart to twenty ounces; pouring into it at last, juice of dandelion, four ounces: strain, and when it is cold, add spirit of scurvygrass, half an ounce; horse-radish-water compound, and syrup of elder-berries, each four ounces.

The dose is a quarter of a pint twice a day.

For

For the Scurvy.

TAKE half a peck of sea-scurvy-grass, bruised; horse-radish root sliced thin, one ounce; cinnamon, nutmegs, cardamums, and ginger, bruised, of each half an ounce; twelve oranges cut in quarters; raisins of the sun ston'd, half a pound: infuse them all twenty-four hours in three quarts of white-wine; put them all into a cold still with two quarts of water, and draw off with a gentle fire about three quarts: take about half a pint morning and evening. It purges the blood, and procures a good habit of body.

A Drink to be constantly used for the Scurvy.

TAKE choice rhubarb, and gentian-root cut in thin slices, of each two ounces; yellow dock-roots, and young elder-roots, of

each one pound; ginger, and aniseeds bruised, of each two ounces; ground-ivy, cypress, and fir-tops, of each two handfuls: boil in six quarts of water to a gallon; strain, and drink it for common drink.

See *Antiscorbuticks* under *Herbs*.

SEATONS.

See *Evacuations*.

SEEDS MEDICINAL.

See *Herbs*, &c.

SHINGLES.

See *Cutaneous Distempers*.

SICKNESS.

See *Faintings*, *Fever*, *Heartburn*, *Stomach*, &c.

SIGHT.

See *Eyes*.

SINGULTUS.

See *Hiccough*.

SIRONES.

See *Cutaneous Distempers*.

S L E E P.

UNDER this head it will be of use to insert the following observations of the learned Dr. Cœyue.

1. He says, That the valetudinary, the sedentary and the studious, should eat very light or no supper; if any, it ought to be vegetable food; neither ought they to go soon to bed, after any supper whatsoever.

2. Going to bed on a full stomach, and wind and crudities somewhere in the alimentary passages, is the cause of the want of due rest, which is sound and refreshing always in proportion to the emptiness and cleanness of these passages, and their vacation from their proper office of digestion; and this is the case of the want of kindly and refreshing rest, in hypochondriacal and hysterical people.

3. Watching by night, and sleeping by day, is of the most pernicious

consequence to health and long-life, and plainly contrary to the indications of nature, and the constitutions of our bodies.

4. The valetudinary, sedentary, and studious, ought carefully to avoid evening dews, nocturnal studies, and unseasonable watching; go to bed by eight, nine, or ten, and rise proportionably by four, five, or six; unless actually under a fit of sickness.

5. Nothing is more prejudicial to tender constitutions, than lying long a-bed, indulging a lethargical and drowsy sleep, or lolling or loitering awake; as appears by their heaviness and want of appetite, upon doing so; and their good stomachs, cheerfulness, and freedom of spirits when they rise early.

6. The most advantageous manner for the tender, sedentary, and studious, to bestow their time, on account

account both of their health and studies, is to go early to bed, rise betimes, go about their studies till eleven, taking a light vegetable breakfast; prosecute them till about four in the afternoon, then to take their great meal of animal food, and after that to employ the rest of their time in some innocent amuse-

ment, or gentle bodily exercise; to retire betimes, to prepare for going to bed, taking no farther nourishment, except a draught of water or warm sack-whey, which will be particularly useful to those who labour under stone and gravel.

See *Exercise*.

S M A L L - P O X.

THIS distemper (the terror of the young and beautiful, and of all who bear a tender relation to such persons of all ages as have not had it) is so general, and so few escape it, and at the same time so spreading and infectious, that we cannot be too particular in the treatment of it, thro' its several stages, and in all its various kinds. And that our readers may the better rely on what we shall deliver on this head, we think it proper to acquaint them, that what follows is extracted from no less authorities, than those of Dr. *Arbushnot*, Dr. *Morton*, Dr. *Sydenham*, Dr. *Freind*, Dr. *Allen*, Dr. *Lifter*, and the famous *Esmuller*, *Barbette*, *Bonetus*, &c. compared with the practice of others of no less note and eminence.

Dr. *Arbushnot* tells us, in general, That the greatest and most important strokes for the recovery of the patient, must be made at the time of the invasion, or first state of this disease; therefore it is necessary to know the first symptoms of it; many have suffer'd by mistaking it for another disease.

The doctor observes, That young persons who have not had the disease ought to be extremely careful to avoid great irregularities in their diet, because the small-pox which are occasion'd by such, often prove dangerous. This disease is likewise more dangerous as the fluids are

more exalted and dissipated, and the solids more strict and compacted, and consequently more so as people are advanc'd in age.

This disease, continues he, may be easily communicated by the contagion or steams of an infected person, swimming in the air, and drawn in by the breath, or perhaps by the pores of the skin; and it is evident by inoculation that the smallest quantity of the matter mix'd with the blood produceth the disease, tho' not so quickly as those volatile steams.

The first *symptoms* are a chillness, rigor, succeeded by a fever and constant heat, a certain splendor or shining in the eyes, with a little moisture; this is very observable in children; a great pain in the head, with dulness, drowsiness, sleepiness, a pain in the back in some, but pains in the limbs in all, anxiety, inquietude, notwithstanding their drowsiness, loathing, sickness of the stomach, vomiting, and in infants convulsions shortly before the eruption. The blood let the first time, florid; after a second time, sily.

It is evident, proceeds he, that in this state the disease ought to be treated as any other inflammatory distemper, by such methods as if it were possible to hinder any suppuration at all, and to resolve and digest as much of the feverish matter as we can; for the longer the eruption

eruption is a coming, and the smaller when it comes, the disease is less dangerous; therefore all the methods practis'd in the beginning of inflammatory diseases are here necessary, with a particular care of cleansing the alimentary duct by vomiting and clysters, the impurities of which will be carried into the blood.

Bleeding, which is extremely useful in the beginning of the disease, is not so proper and useful when it is advanc'd.

In the *first stage* the whole habit of the body ought to be relax'd, a free perspiration thro' the skin, without violent sweating, promoted; the toughness of the fluids taken off by diluents; no flesh should be indulg'd, unless it be small chicken-broth; no spice; the air ought not to be spoil'd by heat, nor the coverings of the bed so thick as to promote sweat.

The greatness and danger of this disease is estimated by the quantity of eruptions on the face and other parts of the head; therefore the matter ought to be solicited by all possible methods to the lower parts, especially the legs, by fomentations, bathing, epispasticks, blistering, and through the whole disease keeping the feet and legs warm; the breast and head not any more cover'd than to keep them from the impression of cold air.

During the filling and ripening of the pustles, the diet, he says, may be more plentiful, but still not hot or inflammatory, with the due use of anodyne substances: in this state demulcents, or what abates acrimony; and where the circumstances of the patient require it, a spoonful or two of Canary wine, twice or thrice a day, are proper: the diet in this state ought likewise

to be adapted to the particular symptoms of the disease, as cleansing, attenuating, expectorating, to promote the spitting; diuretick, when that is suppress'd; and clysters diluent, without any stimulus, frequently injected, are beneficial in every stage of the disease.

Thus far Dr. Arbuthnot, as to the general treatment of this disease.

We shall next insert the sentiments and prescriptions of Dr. Morton, who has more particularly written of this distemper.

This learned gentleman gives us the treatment as well of the *favourable* as of the *malignant* sort.

In the *favourable* sort, he says, There are four stages of this distemper which require a different method of cure, 1. The breeding. 2. The eruption. 3. The ripening. 4. The declination.

In the *first stage*, a diarrhoea must not be suffer'd, but must be restrained with the white decoction, or stopped with repeated doses of laudanum or astringents. Vomiting, if it happen, is not presently to be stopped unless very violent, but is rather to be gently promoted with repeated draughts of carduus posset-drink, or with a little salt of vitriol. After this slight evacuation, or if vomiting to excess be the effect of the distemper itself, 'twill be proper to assuage the tumults of the spirits by giving immediately some alexipharmick medicine, having opium mixed with it, and to repeat it at proper intervals. The form prescribed by Dr. Morton, who has wrote excellently on this distemper, is as follows:

' Take carduus-water, alexiterial
' milk-water, cinamon, barley, mint,
' and Stephens's-water, of each two
' ounces; salt of wormwood, twelve
' grains;

‘ grains; powder of Virginia snake-root, of crab-shells prepared, of contrayerva-stones, each half a drachm; syrup of clove gilly-flowers, or mint, an ounce and a half: mix, and make a julep, of which let two, three, or four spoonfuls be given every four hours; adding to each dose some drops of liquid laudanum, as occasion requires.’

In great pains of the head, limbs or back, also in pleuritick cases or difficulty of breathing, bleeding is necessary, also in the colick, and blisters and opiates may be made use of, especially in lethargick or sleepy cases. Scabrous watchings in this stage, are a bad sign, and bleeding, opiates, cordials and blisters are to be properly prescribed in such a case.

In the *second stage*, little spots like the pricks of needles appear first in the face, then in the neck, breast, &c. These form themselves into a round hardish swelling. The second day they enlarge their bases, and the third they begin to gain heads. In this stage, which lasts three days, it is needless to give physick, but to leave nature to do her own work, especially in the milder sort, and where there is no bad symptom.

The *third stage* begins three days after the eruption, and the pointed heads of the pustles in a few hours begin to swell, first turning whitish. The lymph sooner or later is gradually changed into purulent matter, and the pustles grow yellow, or brownish, and here ends this stage. During the ripening of the mild sort, some drops of liquid laudanum only may be given, to assuage pain, and procure rest. The following decoction may be taken

plentifully in case the ripening proceed slowly.

‘ Take bruised lentils, one ounce; new figs, six; shavings of harts-horn, half an ounce: boil it to two pints, in a posset-liquor.’

And make use of this gargarism:

‘ Take coarse-bruised lentils, one ounce; root of marsh-mallows, half an ounce; new figs, six or seven; cleansed barley, one pugil; shaved liquorice, two ounces: boil it in a sufficient quantity of spring-water to a pint and a half; filtre it, and add honey of roses an ounce and a half: mix, and make a gargle.’

Acids should not have place in gargles, unless in the greatest difficulty of swallowing. If the spitting should abate, or go off too fast, diureticks should be given, particularly a dose or two of the pulvis *Æthiopicus*.

The *last stage* of the small-pox is their declination, in which the pustles being filled with laudable pus, or matter, they first begin to be incrustated, and covered with a yellowish scurf; then after a day or two the purulent matter hardens, and is changed all over into dry scabs which gradually scale off, and fall away. In the favourable sort, 'tis rare that any one dies in this distemper, says Dr. Morton, except it be in this *last stage*. It betokens well in the declination, if there be no fever, and the person has an appetite: but purple spots appearing, deliriums, watchings, spasms of the tendons, &c. are very bad signs.

The *malignant small-pox*.] There are also four degrees of the *malignant sort*; viz. The universal confluent; the particular confluent; the distinct sort, but exceedingly small, and in a manner cohering together;

together ; and lastly, the distinct sort, accompanied with petechiæ and miliary eruptions : all which are very dangerous, and frequently mortal.

Very dangerous *hamorrhages* are wont to happen in the malignant sort, which are generally fatal, if they can't be stopt by vitriolick preparations (or the aq. styptic. reg.) And if the hæmorrhage be suppress'd, nothing can be done unless the drooping spirits can be raised with blistering, and generous cordials. Bleeding in this case only hastens death.

A frequent necessity of making water is also a bad sign, tho' not so bad as an hæmorrhage; and in this case the pulvis *Æthiopicus* or cineres *busonum*, Dr. Morton says, is an incomparable remedy as he has found by experience, the dose a scruple every four or six hours, with other alexipharmicks.

To avoid the troublesome symptom of a *sore throat*, timely care must be taken to wrap the throat up warm with fine soft woollen cloths, from which more benefit may be expected, says the doctor, than can be had from bags of saffron, and any other amulets whatever, and proper gargles may be used, &c.

A large *salivation* lasting long, with a remarkable tumour of the head and face, is a good sign; but if it breaks off on a sudden, unless there be a great flux of urine, or very great swelling of the extreme parts, it is a very bad omen. Nothing can be worse than a salivation changing into a diarrhœa.

The small-pox at *going off* often leaves the body in a sickly state, and a loss of appetite, accompanied with hectic heats, is often the consequence. Dr. Morton recommends

upon his own experience to other physicians, in this case, that where these heats are continual, alexipharmicks must be persisted in; but where periodical, the Peruvian bark must be given, after which purging may be safely proceeded upon.

Tumours of the glands of the ears, which continue without heat or redness, are not to be treated with discutients, but suppuratives. The running sanious scab, and malignant ulcers, with alexipharmicks and febrifuges, abstaining strictly from evacuations. White tumours in the flesh by frictions, lixivial fomentations, and the methods proper in *dropsies*, which see; and pains in the head by antiscorbuticks and chalybeats, after proper evacuations have been made.

Dr. Freind says, that purging is no-where more successful than in the fever which arises from the confluent small-pox, either when at full maturity, or when they begin to dry away, and he avers, that he has saved many lives by this method, which was also recommended by the famous *Sydenham* in the secondary fever in the confluent sort.

Dr. Freind however declares, that in the confluent kind neither bleeding nor purging should be administered so long as the face continues swell'd and inflam'd, and the saliva is sufficiently discharged, lest the morbidick mater should be prevented from being separated from the blood by those evacuations, and its discharge of consequence thro' the pustles hinder'd. Nor yet in the progress of the distemper, when at the eighth or ninth day, even when the swelling of the face goes down, and the salivation begins to decrease, (provided the hands swell as they ought to do, and there be no other very

very bad symptoms) does he think those evacuations should be admitted; but to leave the matter to nature: only, that in order to moderate the heat of the fever, and to prevent the excrements from indurating in the lower belly, it is his practice to give a clyster every day, during this state of the distemper.

In very bad symptoms, as an increasing burning fever, pale and thin urine, want of sleep, difficulty of breathing, great anxieties, &c. the same learned gentleman advises bleeding and purging: and he also directs bleeding, as the only happy remedy in a difficulty of breathing upon the crisis; notwithstanding the weakness and lowness of the pulse: but in cases of bloody urine he absolutely prohibits it. But after all, Dr. Allen has great doubts about purging in the secondary fever, and says, that in the course of above twenty years practice, he has found the frequent use of clysters very beneficial; but has rarely adventured upon purges.

Dr. Sydenham tells us, That the eighth day is the fatal day in the distinct kind; the eleventh in the confluent; in the more crude of the confluent, the fourteenth; and in the worst kind the seventeenth, from being first taken; and he has known some die, tho' not many, on the twenty-first. It is usual with him, he says, to let his patient sit up every day from the seizure till the sixth, or from the fourth of the eruption; but when they all come out, he confines them to their bed till all is over.

Till the fourth day, he says, there is no occasion for medicines to drive out the distemper; but then if it does not appear as it ought, some gentle cordial medicine may be given. The distinct kind in their own

nature are seldom dangerous: but in the confluent sort, he says, the patient must be kept from sweating, and the salivation must be vigorously supported; which is best done by large quantities of small-beer, or some other liquor that is not over-heating.

This famous physician usually gave the adult a composing draught, as he says, with fourteen drops of laudanum, or an ounce of syrup of meconium every night at six or seven, from the time they are fully out, till the end of the distemper.

In the confluent sort a diarrhoea in children is beneficial, and not to be stopt; but not so in the distinct.

If the saliva becomes troublesome thro' its viscidty or thickness, the same gentleman prescribes the following gargle:

• Take elm-bark, six drachms;
• liquorice-root, half an ounce;
• stoned raisins, twenty; flowers
• of red roses, two pugils: boil in
• a sufficient quantity of spring-
• water to half a pint; dissolve it
• in a strainer. Take also simple
• oxymel, and honey of roses, each
• two ounces: mix.

An emetick is sometimes necessary to be given, as he says. He adds, that in a *suppression of urine* the person must be taken out of bed: that when the pustles flatten, or a *diarrhoea* happens in the distinct kind, the spirits must be supported with cordials. Prescribes plentiful bleeding, and an anodyne twice a day, in the secondary fever, about the eleventh day; for now, says he, we are not so much dealing with the small-pox, as with the putrid fever. For immoderate costiveness usual at this time, he used to order an ounce and a half of lenitive electuary, dissolved in a little milk-water, over and above the anodyne.

If the first bleeding answers not, he prescribes a repetition of it the next day; and in like manner bleeding and purging by turns, as the nature of the fever, and the patient's restlessness may require, till the distemper be conquered. In the confluent small-pox, he says, spirit of vitriol is of great use given plentifully in small-beer from the fifth or sixth day, to the end of the distemper.

Dr. Lister commends the following method in the confluent small-pox:

• Take saffron, one scruple; cochineal, half an ounce; a little sugar to mix in eight papers, one of which he gave every four hours with a spoonful or two of treacle-water for three days; and every six hours afterwards; also an ounce of diacodium morning and night; and his patient recover'd.

For another he prescribed almost after the same manner; viz.

• Take saffron, half a drachm; cochineal, half an ounce; sugar-candy, one drachm: mix for six papers, and take one every third hour.

The small-pox breaking out after a surfeit, and likewise in those who live intemperately, generally speaking, are of a bad kind, and mostly prove mortal.

Etmuller tells us, that nothing is so much to be attended to in the small-pox as the voice; for when respiration is free and easy, and the voice clear without hoarseness, it is a very good sign.

Horse-dung, tho' a nasty medicine, is yet of great virtue in this distemper, as it promotes sweating, relieves the throat, &c. Some also much cry-up sheeps-dung. Linseed oil and oil of sweet almonds deserve also, says Dr. *Allen*, their just praises.

'Tis not good to puncture the pustules of the small-pox; for it retards their healing, the scabs remain longer, and the disfiguration will be the greater; 'tis therefore best to leave this intirely to nature.

Barbette highly commends oil of myrrh per deliquium, prepared with the white of an egg, as also the oil of the yolks of eggs, for curing the marks left by the small-pox. The following liniment for the same purpose is an elegant prescription made use of by the London physicians:

• Take oil of sweet almonds, half an ounce; white-lead and sperma ceti, each one drachm; balsam of Gilead, half a drachm: make into a liniment.

Corrosive ulcers in the face and elsewhere are best cured with spirit of vitriol mixed with a sufficient quantity of honey of roses: which, *Bonetus* tells us, is a never-failing one, even tho' the ulcer should have consumed half the cheek.

Mercurius dulcis, according to *Etmuller*, is an admirable medicine to prevent the small-pox. He gives to a child of five years old mercury dulcis, five grains; powder of jalap, one grain (which seems an inconsiderable dose); made up into a bolus with conserve of roses. I have often, says he, admir'd its efficacy for this purpose; and from this prospect have constantly order'd it in the beginning of the small-pox, as the very best of laxatives; for as much as it is the genuine corrector of that disease.

As to the article of *inoculation*, we shall not enter upon it in this work, because if ever that should be chosen, it will doubtless be by the direction of a person too well skilled in the matter to need our instructions.

And

And this the rather, we omit, as a receipt has lately been communicated to the publick, which, if it answer generally on trial here, as it is said to have done abroad, will render inoculation itself useless. We shall insert it here, as it is contained in the following letter from Carolina, which is well worth the attention of all our readers.

Charles-town, South-Carolina, September 28, 1738.

“ The small-pox has carry’d off
“ abundance of the inhabitants, so
“ that the country people will not
“ venture to come to town, and
“ but few people are seen in the
“ streets. About four hundred per-
“ sons white and black have been
“ inoculated.

“ At the first breaking out of the
“ small-pox in this town, several
“ persons were advised to prepare
“ their bodies for any sudden attack
“ thereof, by drinking for some
“ days in the morning tar-water,
“ which they were assured would
“ cleanse their blood, and make the
“ pock favourable. Experience since
“ has shewn, that all those who
“ have made use of the said tar-wa-
“ ter have not only hitherto escaped
“ the infection, tho’ they have been
“ in houses and rooms where in-
“ fected persons were, but also one
“ certain person, having drank a
“ quantity thereof, has been since
“ twice inoculated without any ef-
“ fect; which proves tar-water to
“ be not only a preservative, but an
“ antidote against the infection, and
“ consequently far preferable to the
“ inoculation. For the benefit of
“ the publick it has therefore been
“ desir’d to publish the manner of
“ making and using the tar-water;
“ viz.”

“ Take about two quarts of tar,
“ which is a sufficient quantity for

“ six persons; put in the evening
“ upon it about five pints of water;
“ after having stirr’d it well, let it
“ settle; and the next morning
“ pour off the clear water, and take
“ fasting near a pint, which is to
“ be continued five days successive-
“ ly every morning: the same
“ quantity of water taken from it,
“ must be immediately supply’d
“ again. After five days using the
“ same, half a pint every other day
“ is sufficient for two weeks; then
“ a quarter of a pint is enough to
“ be taken every other day, during
“ the time of infection. The tar
“ is not to be renew’d till after
“ two months. This is also, says
“ the letter-writer, a most excel-
“ lent remedy for *consumptive*
“ people.”

We have been so particular on this article, that we shall subjoin only the following recipes, to prevent the so much apprehended disfigurement that attends the small-pox.

To prevent Pitting in the Small-pox.

TAKE oil of sweet-almonds, two ounces; sperma ceti, three drachms; oil of rhodium, four drops: melt them together with a gentle heat, and mix for a liniment.

It must be used when the scabs grow hard, to keep them soft and moist by anointing them with a feather.

For the same.

TAKE pomatum, an ounce and an half; oil of almonds, one ounce; sperma ceti and virgins wax, of each three drachms; damask rose-water, one ounce: set them over the fire; and when they are melted, take them off; and when you have stirr’d them well, let them stand till they are cold; then make a hole, and drain out the water; and with a feather anoint the patient’s face.

An Ointment to prevent the Pitting of the Small-pox.

TAKE sperma ceti, orange-flower butter, white wax, of each two drachms; oil of sweet almonds, a little: mix, and make an ointment.

See Measles, &c.

Of the CHICKEN-POX.] This is so mild a distemper, that it never

wants the care of a physician. 'Tis indeed like the small-pox, in the figure and magnitude of the pustles, which have less redness and inflammation, and are a sort of very little bladders filled with a thin serous humour, which in three days break of themselves, and dry up, and seldom have any feverish attendants.

See Childrens Distempers.

S M E L L I N G.

THIS sense is seldom recover'd when lost, especially in people in years. Marjoram used in any manner is said to be efficacious in it.

The distempers affecting the nose, are, an Ozœna, a Sarcoma, and a Polypus, &c.

An Ozœna is a sordid ulcer in the nostrils, frequently venereal, and sometimes turns cancerous. The leaves of tobacco and tobacco ointment are good in it. If it gather a crust, oil of sweet almonds is to be used. Fumes of cinnabar, and sweet mercury, nay sometimes sublimate mercury, are used.

A Sarcoma is a fleshy excrescence bred in the nostrils, and grows in the lower part.

And a Polypus is an excrescence of the like nature, growing in the upper part, near the root of the nose; they are to be treated much alike. A polypus is very hard to be cured: it is sometimes white, sometimes red, sometimes livid; if livid and painful, it is beginning to be cancerous, and a cancerous polypus must not be meddled with. The extirpation of it being an operation in chirurgery, we shall refer the cure to the experienc'd artist.

See Hamorrhages, &c.

S M O A K I N G

TOBACCO comforts the spirits, and discharges weariness, partly by its opening, but chiefly by its opiate virtue, which condenses the spirits. For this reason that celebrated naturalist the Lord Bacon, recommends the smoaking of other things, as well to dry and comfort, as for other intentions;

and particularly wishes trials were made of the drying fume of rosemary, and lignum aloes, nutmeg, folium ind. &c.

S P A S M S.

See Fever.

SPHACELATION.

See Mortifications.

SPIRITUOUS LIQUORS

ARE so evidently pernicious to the human body, that we shall bestow a few words on this article. We shall begin with the following observation on their bad effects.

Spirit of wine, says a learned physician, mixt cold with the white of

an egg, coagulates it as much as boil'd water; which shews that spirit of wine is an immediate styptick, so that, injected into the veins, it is sudden death; and taken by the mouth in great quantities, is sometimes sudden, but always certain death.

death. Spirituous liquors are so far from attenuating, volatilizing, and rendering perspirable the animal fluids, that they rather condense them, and harden the solids, and therefore are properly us'd to hinder the growth of young animals. This plainly demonstrates the bad effects of inflammable spirits on human bodies.

"Thus the still," (says the Reverend Dr. Hales, in his *Philosophical Experiments on Sea-water*, publish'd anno 1739.) "which makes good drink out of unwholesome sea-water, procures also from wholesome wine or malt drink a most pernicious liquor, which yearly destroys, all over the world, innumerable more, than the three great plagues of war, pestilence, or famine ever did."

"But notwithstanding it shortens the lives of, and destroys vastly more than storms, shipwrecks, and other accidents to which navigators are subject; yet how fond are they of this enchanting syren!—They pretend, that it comforts, warms, and defends them from the severe colds to which they are sometimes exposed; which can only be true in those who habituate themselves so much to it, that they cannot live without it; and such gene-

"rally drink it as freely in summer as winter. — But on the other hand, how much better able to endure the cold and hardships at sea are the sober sea-faring persons, who are generally of a more hale and robust constitution than most other men! Their vital heat, not being extinguished by intemperance, does by its kindly genial warmth, more effectually secure them from the inclemency of the weather. than the false, momentary flush of heat, which a dram gives. Besides, it is well known, that sailors did not perish with cold, in former ages, for want of drachms, when they were not to be had."

Thus far this Reverend author, who in the above confines himself to the sailors only; and if that set of men, who are forced to undergo such hardships and labours, in an uncertain and stormy element, have so little excuse for excessive drinking these pernicious liquors, what can be said for those at land, who have not the like pleas to urge?

See *Diabetes, Inflammations, Temperance, Ulcers, Water, &c.*

S P L E E N.

See *Hypochondriack Distempers, Stone, &c.*

S Q U I N A N C Y.

See *Quinsy.*

S T A G N A T I O N S.

A Stagnation or Coagulation of the blood may proceed from sudden frights, from drinking great quantities of spirituous liquors, &c. It is a very great difficulty to relieve this malady, because the volatile and fixed salts necessary for this purpose lose much of their force taken by the mouth, in their passage to the blood. Friction, with the flesh-brush is not amiss to be try'd,

and the following medicines may be given:

Take *Sperma ceti*, one drachm;
volatile salt of vipers, one scruple;
conserva of rosemary-flowers, two drachms; syrup of orange-peel: make a mass, to be divided into four bolus's; one of which take every fourth hour, drinking six spoonfuls of the following expression after it:

Take

• Take one hundred millepedes,
• or hog-lice; saffron in powder,
• one scruple; alexiterial milk-wa-
• ter, one pound; compound bri-
• ony-water, two ounces: bruise
• these insects in a mortar along
• with the saffron; then gently mix
• the waters along with the ingre-

• dients; then press out the juice,
• and take it as above directed.

In all stagnations of blood, 'tis ne-
cessary to bleed, and that plentifully,
if the case require it: but where
humours stagnate, physick must be
taken. See *Apoplexy, Hypochondri-
ack Distempers, &c.*

S T O M A C H.

AS we have treated under other
articles of most diseases that
affect the stomach, we shall refer to
the proper heads for them, and have
reserv'd this place principally for
such general stomachick cordials,
and catharticks, as regard princi-
pally this part, and comfort the
heart and bowels at the same time,
and which could not so properly be
brought in under any other head.
But first we shall touch upon one
dangerous disease, which we have
left to this place; and that is

An Inflammation of the Stomach.

The symptoms are a vehement
burning fix'd, pungent pain in the
stomach, attended with a fever; a
great increase of this pain the mo-
ment after swallowing any thing,
succeeded with vomitings, a painful
hiccough and great anxiety.

If this disease is not speedily cur'd,
it proves fatal.

Of all diseases this demands most
a total abstinence from every thing
that has acrimony in it; even the
nitrous cooling salts, which are be-
neficial in other inflammations, here
irritate too much; vomits, all cor-
dials of volatile or spicy substances;
and spirituous liquors are all no bet-
ter than poison, and milk generally
curdles; food must be given fre-
quently, and by spoonfuls at a time,
for any distension increases the in-
flammation; a thin gruel of barley,
oatmeal, whey, with very little su-
gar, or honey, or chicken-broth, are

proper aliments; whey, emollient
decoctions, barley-water, emulsions,
are proper drinks; and it has been
found by experience, that chalybeat
waters have been agreeable to the
stomach even in this inflammatory
state.

If there happens an imposthume,
honey, and even honey of roses,
taken inwardly, is a good cleanser;
and decoctions of comfrey-roots,
healing; speedy and plentiful bleed-
ing, fomentations, and clysters, have
the same good effect as in other in-
flammatory distempers.

The same regimen is necessary in
a *schirrus*, or *cancer* of the *sto-
mach*; though nothing will be quite
effectual.

The same regimen is also to be
observed in the *inflammation* of the
spleen, caul, pancreas.

Now follow the recipes for the
choicest stomachicks, &c.

A Wine for all Stomach Illnesses from a cold Cause.

TAKE roots of Virginia snake-
weed, and gentian, each three
drachms; gaingal, cloves, cubebs,
mace, nutmeg, saffron, each one
drachm; cochineal, half a drachm;
Canary wine, three pints: infuse
cold. Give a draught before and
after meals.

A rich comfortable Cordial.

TAKE Canary wine, one pint;
cloves bruised, a drachm; saf-
fron clipped small, half a scruple:
digest close in balneo an hour: to

the strained add spirit of clary, (ennobled with essence of ambergris) half an ounce; spirit of lavender compound, one drachm; syrup of gilly-flowers, one ounce and an half; juice of kermes strain'd, half an ounce; leaves of gold, three: mix.

An excellent external Medicine to strengthen the Stomach.

TAKE wormwood, mint, and mugwort; and by beating them well in a stone or glass mortar, make a cataplasm, to be applied somewhat warm to the stomach, and kept upon it for a pretty while.

To strengthen the Stomach, and help the want of Appetite.

MAKE the roots of gentian (sound and not superannuated) pulverable, with no more waste of their moisture than is necessary; reduce these to powder; of which let the patient take from twelve or fifteen grains to double that quantity, (or more if need be) twice or thrice a day.

It may be taken on an empty stomach, or, if that cannot conveniently be done, at meal-times. To correct the bitterness, one may add to it powdered sugar, or make it up with some fit conserve, or mix it with a syrup.

It is very good, not only for want of appetite, but for obstructions.

And I have usually given it (says the Hon. Mr. Robert Boyle) in vertiginous affections of the brain; and to lessen, if not quite take away, the fits of agues, and even quartans. But in this last case the dose must be considerably augmented.

A stomachick Electuary, to cheer the Heart, and assist Digestion.

TAKE green ginger, one ounce; conserve of red roses, three ounces; oil of cinamon, four drops; oil of cloves, two drops: mix, and

give the bigness of a nutmeg, an hour before dinner and supper.

A stomachick Foment.

TAKE rough red wine, one pint; brandy, wine vinegar, each half a pint; dry'd wormwood, mint, each half a handful; bistort root, half an ounce; pomegranate-peel, two drachms; cloves, mace, nutmeg, cinamon, each one drachm; Venice-treacle, half an ounce; macerate close in balneo, two hours, and use the strain'd as hot as can be suffer'd.

This is a noble remedy, notably comforting, warming, and strengthening, and is used with good success, when the stomach being grown cold and flaccid, is troubled with flatus, pain, queasiness, vomiting, loss of appetite, and ill digestion: it is good also in a diarrhoea, dysentery, &c.

A pectoral Decoction, and its Virtues.

TAKE raisins of the sun stoned, two ounces; pearl, barley, the roots of liquorice and marsh-mallows, each half an ounce; spring-water, three pints: boil them together to a quart: towards the end of the boiling, add conserve of red roses, an ounce; strain off the liquor without squeezing. It blunts sharp, and thickens thin humours; is smooth, healing, and pectoral. If it is required to warm and thin the juices, add to the decoction hyssop, and the root of Florentine-orrice; and if to cool and incide, or cut, put in oxymel of squills.

Pectoral Wine.

TAKE Spanish juice of liquorice, one ounce; saffron, one scruple; seeds of coriander, caraway, anise, each two drachms; salt of tartar, half an ounce; pennyroyal, and hyssop waters, each four ounces; Canary wine, one quart: digest cold.

cold. Let two ounces be given four times a day, or oftener.

Against windy Pains in the Stomach, &c.

TAKE powder'd golden rod, vervain, savory, marjoram, thyme, aniseed, each one drachm; common refin, six drachms; mithridate, half an ounce; clarified honey, two ounces, or as much as needs: mix.

It corrects both crude and acrid, or four humours, warms the stomach, promotes urine. It hath been kept as a family medicine in a certain gentleman's house, and is a notable experimented thing against windy pain in the stomach, and flatuous stitches in the side. The dose from two drachms to half an ounce twice a day.

Dr. Stoughton's great stomachick Elixir.

TAKE of gentian-root, and orange-peels, each half a pound: infuse it five days in three quarts of rectify'd spirit of wine; add half an ounce of the tincture of sulphur *per campanam*: make the elixir.

Another Way of making Stoughton's Drops.

PUT into a quart of brandy three ounces of gentian-root slic'd thin, and the outward rind of six or eight Seville-oranges, when ripe, and their rind deep-coloured: they must be thin pared, so as to be without the white; and if the oranges are small, take the rind of ten or more: add to this, half a drachm of English saffron, and thrice as much cochineal finely powder'd: Shake all well together, and in three weeks time you may pour a little of it into a small bottle for use, adding, upon the same ingredients, the quantity you pour off, and so continue to do, pouring off and replenishing, till you find the bitter decay.

A stomachick Bitter of the like Nature.

DRY'D orange-peel, one ounce; gentian-root, half an ounce; calamus aromaticus, two drachms; best cinamon, one drachm; cochineal, half a drachm: steep 'em for a week in a pint of French brandy, and then filtre for use. Slice the roots very thin, and bruise the cochineal.

Tinctura Sacra; or, Hiera Picra.

TAKE of hiera picra, as sold at the chymists or druggsters in powder, one ounce and a half, and put it into a quart of good Madeira-wine. Shake the powder well in the liquid for three or four days; then let it settle, and when clear at top, pour off for use, and fill it up again; continuing so to do, 'till its purgative efficacy decays. The quantity is from three to five spoonfuls taken at night going to rest, or in the morning fasting, using exercise; and to a person in health there needs no confinement or alteration of diet. The excellency of this fine stomachick medicine is too well known to need any thing to be said in its praise.

Elixir of Health, or Daffy's Elixir, and its Virtues.

TAKE of leaves of sena, four ounces; shavings of guaiacum, roots of elecampane dried, liquorice, the seeds of anise, caraway, and coriander, each two ounces; raisins of the sun stoned, eight ounces; cochineal, a drachm; French brandy, three quarts: steep them all together without heat for four days; then strain off the liquor. Some, to make it more purging, add salt of tartar, rhubarb, and scammony.

It is a mild purge, carminative and diuretick, whence it relieves in gripings, cures the colick, and brings away gravel and slime by urine.

urine. The dose is from one to five spoonfuls.

Mr. Boyle's Elixir Salutis.

TAKE of the seeds of anise, sweet fenel, coriander, and parsley, of each two ounces; of liquorice scrap'd, wash'd, and bruis'd, and choice leaves of fennel, of each likewise two ounces; of raisins of the sun, rubb'd clean and bruis'd, one pound; of elecampane-roots, and guaiacum wood, of each one ounce: mix these ingredients, and pour on them two quarts of aqua vitæ, or English spirits (for brandy is too hot a liquor). Let these infuse together forty-eight hours; then put them all into a hair bag, and press them strongly in an apothecary's press; and if there be need, press what is strain'd thro' an hippocras-bag after the liquor is settled. Keep this in bottles well stopp'd in a cool place, and give of it two or three spoonfuls at a time, in the morning fasting; and if need require, at bed-time.

A gently purging Electuary.

TAKE powder'd sena, cream of tartar, each four scruples; pulp of prunes pass'd thro' a sieve, two ounces; syrup of roses solutive, as much as sufficient: mix.

This pleasantly-tasted medicine lubricates the intestines, and procures a stool or two without sickness or gripes, and may serve for four doses to be taken at night, for which the party need not keep house the next day.

An excellent purging Elixir.

TAKE sena, six drachms; rhubarb, two drachms; liquorice, one drachm and a half; aniseed, caraways, each one drachm; cochineal, one scruple; saffron, half a scruple; brandy, twelve ounces; aqua mirabilis, cinamon-water, each two ounces: after due infusion,

strain and add syrup of roses solutive, two ounces: mix.

I account of this, says the doctor who prescribes it, as the best I ever met with of this kind. The dose is two spoonfuls at night, and three the next morning; or else five or six spoonfuls in the morning only.

An excellent domestick Purge for Persons who cannot use much Exercise.

TAKE the best rhubarb in powder, two ounces and a half; salt of wormwood, a drachm; orange-peel, half an ounce; grated nutmeg, two scruples; cochineal, half a drachm: infuse forty-eight hours by a warm fire-side, in a quart of true arrack; strain it off, and put it in a well-corked bottle for use. Of this two or three spoonfuls may be taken twice or thrice a week, without interruption of business or studies, with great safety and benefit.

A sovereign Cordial in low Spirits, Faintings, Oppressions, Sickness at Stomach, Head-achs, and Vapours.

TAKE of simple chamomile-flower water, six ounces; compound gentian, and wormwood-water, each an ounce and a half; compound spirit of lavender, sal volatile, tincture of castor, and gum ammoniack dissolved in some simple water, each two drachms; tincture of snake-weed, and tincture of the species of diambrae, each a drachm; the chymical oils of lavender, juniper, and nutmeg, each ten drops, mixed with a bit of the yolk of an egg, to make the whole uniform; assa foetida, and camphire in a rag, each half a drachm; but these may be left out by those to whom they are disagreeable. Two, three, or four spoonfuls of this is a present help, and it will keep good six months.

See *Appetite, Breast, Cordials, Diet, Heart-burn*: also *Distillery*.

STONE,

STONE, GRAVEL, INFLAMMATIONS in the KIDNEYS, DIFFICULTY of URINE, &c.

THE stone being not only a very troublesome disorder, but as we class under this head, so many different complaints, that are properly nephritick, and proceed from one, or a like cause, we are constrained to be very particular in this article.

To begin with generals;

The stone happens most commonly in the *kidneys* and *bladder*. The symptoms of the *former* are, A dull pain in the kidney, bloody water upon a sudden jolt or violent motion; pain in stooping; pain in the thigh, sickness in the stomach, colical pains, various changes in the colour of the urine, black, bloody, pale, tho' if the stone be smooth and well bedded, perhaps this may not happen. Flethy filaments, or matter voided by urine, are suspicious symptoms of a stone in the kidney, especially if the patient has been subject to voiding of gravel.

When a small stone is lodg'd in the body of the kidney, it does not create pain, nor much when it falls into the pelvis; but when it falls into the ureter, and sticks, the pain is most acute; it often stops at the flexure and valve of the ureter, and sometimes in the urethra, or passage of the urine from the bladder. While it stays in the bladder it creates no pain, but remaining there long, it grows a confirm'd stone, too big to be pass'd by the urethra: the manner of its concretion is by concentrical rings, like an onion, about the first kernel, which shews the cause to be attraction.

The symptoms of a stone in the *bladder* are a titillation about the

neck of the bladder, and the parts thereabout; a frequent needing to make water; a sensation of weight in the lower belly, under the shear-bone, with a great pain, especially upon any sudden motion, which causeth a concussion of the bladder, a dribbling, difficulty, and a momentary suppression of urine by the stone, shutting up the orifice of the bladder, attended with a tenesmus, or needing to go to stool, and a burning pain in the urethra; sometimes a white mucus in the urine; tho' this last symptom will happen without a stone in the bladder.

The regimen in the stone in the kidneys is by diluent and soft diureticks to try to expel it, if it is small enough to pass; if the stone is brittle, it will often crumble, and pass in the form of gravel.

If the stone is too big to pass, the best method is to come to a sort of a composition or truce with it; the diet ought to be cool and diluent, as far as possible to hinder its growth; to use diureticks that gently resolve, as parsley, fenel, scorzonera, sassafras, mallows, and tea, dandelion, cichory, oats, barley, honey, honey and vinegar; nitrous salts, as spirit of dulcify'd nitre; the most soft cooling diluent of all, is whey; the best emollients are decoctions of marsh-mallows, linseed tea.

Bathing in tepid water, clysters, seasoning the aliment moderately with sea-salt, for the moderate use of it is resolving and diuretick; the belly, in all cases of the stone, ought to be kept lax and open.

In a confirm'd stone of the *kidneys*

neys too violent exercise is dangerous.

During the passing of a stone, one should avoid at first all strong forciers. Relaxing and lubricating the passages, and quieting the spasms by opiates is certainly the best method; and where bathing cannot be conveniently had, ox-bladders, half full of warm water, apply'd constantly to the affected part may be usefully substituted. Letting of blood takes off a tension better than any thing, and is very necessary where the symptoms are violent. When the parts are sufficiently relax'd, stimulating diureticks may be us'd more safely, especially if associated with opiates.

As to dissolvents of the stone, all that have hitherto been propos'd are chimerical: *Helmont* talks of bulls blood; but (says Dr. *Arbuthnot*, who wrote before Mrs. *Stephens's* medicines were publish'd) goats blood is rather a better dissolvent.

The surest way to hinder the generation of a stone, is to procure a diarrhoea by whey, broth, and a liquid diet; and indeed what would not one do to prevent so painful a disease?

When the stone is fallen to the bladder, care should be taken to make it pass as soon as possible, for the reasons above mentioned: if all the symptoms abate without the passing of the stone, it is not certain that the stone remains in the bladder, because a very small stone may pass insensibly by urine; if the stone has pass'd, it is not certain that the fit is over, for there are often more, and the usual remedies ought not to be left off.

The irritations of the membranes of the bladder by a stone, may be much mitigated by the injection of

the oil of linseed or almonds, into the bladder.

Such as are subject to the gravel or stone ought to be careful of their diet, to use such aliments as generate a small quantity of feces, or relax the belly: aliment demulcent, as pease. A decoction of chick-pease is a remedy in a fit of the stone. They ought to drink whey in the spring, and take honey in several forms, if it agrees with them. Rice, barley, millet, are all good in this case; nothing makes stones or gravel pass more easily than opiates.

If the stone sticks in the urethra, it may be fetch'd out by emollient fomentation of the parts, by oil injected, or, in case of great extremity, by an instrument with a cavity like a small spoon, dipt in oil.

The stone in the bladder is not only a painful, but a mortal disease, if not extracted. The diet of a patient in such a case is such as of a wounded person, nourishing, without acrimony.

Thus far the learned doctor, as to the general treatment of the stone in the kidneys and bladder. We shall now hear what he says, as to

Inflammations of the Kidneys.] A distemper very dangerous caused by it.

The symptoms, says he, are a pungent pain in the region of the kidneys, a stupor, or dull pain in the thigh, colick, wind, vomiting, a fever, urine sometimes totally suppress'd, in small quantity, high-colour'd; and which is worse, sometimes quite pale, without any sediment.

Whatever obstructs the blood in the extremities of the arteries of the kidneys, will produce this disease;

ease; a wound, abscess, bruise, swelling, lying much on the back, too violent motion, especially walking in hot weather; whatever obstructs the passage of the urine, as a viscous matter, gravel, or stone; every thing which drives the blood into the urinary canals, heat, hard riding, too great fulness of blood, but especially sharp and forcing diureticks: lastly, spasms and involuntary contractions of the vessels of the kidneys.

Coffee-colour'd urine is not a dangerous symptom; it proceeds indeed from a mixture of a small quantity of blood with the urine, but often prognosticates a resolution of the obstructing matter, and the expulsion of gravel or a stone after great pain; pale urine is a symptom of a more lasting and dangerous disease.

After plentiful bleeding, and a careful avoiding of all stimulating diureticks, which in this state of the disease will increase it, the expulsion of the obstructing cause must be promoted by emollient and soft liquors drank plentifully, by clysters of the same frequently injected, by bathing and outward fomentations, by opiate and anodyne substances, which stupify and relax the fibres; those liquors must be swallow'd down notwithstanding the continual vomiting; for vomiting is the instrument of nature to promote the expulsion of the stone, gravel, or other obstructing cause.

Whey, and in a great feverish heat, butter-milk, emulsions of barley and poppy-seeds, honey in whey and water, are proper liquors for this intention.

When the gravel, stone, or other obstructing cause is separated from the kidney, soft express'd oils, and oily substances relax the passages;

if the pain proceeds only from gravel, or a stone, oily substances may be join'd safely with stimulating substances, as with juice of lemon, juniper-water, and some diuretick syrup; this by the way, for it is out of my present subject.

Violent motion, as jolting in a coach, may be us'd in this case.

The pain protracted beyond seven days, a pulsation, chillness, often and irregularly returning, a heaviness and stupor in the part, are signs of making of matter, which when made will appear in the urine. In which case soft and balsamick substances are beneficial, for if the matter stays long, the case is incurable.

It happens sometimes to end in a *fistula*, with which the patient may live many years in no great uneasiness. Butter-milk, not very sour, has been reckon'd a great secret in ulcers of the kidneys, and chalybeate waters have been beneficial to some; spruce beer is a good balsamick in such a case. Soft malt liquors are better than wine.

Inflammations of the kidneys sometimes end in a schirrhous, or great stone in the kidneys.

A sudden remission of the pain, with cold sweats, weak and intermitting pulse, hiccough; no urine, or in small quantity, black and foetid, are signs of a mortification and approaching death.

Such as are subject to nephritick symptoms, ought to be extremely careful of the choice of their liquors; sharp wines which abound with tartar, are hurtful; malt liquors not hard, nor stale, are certainly better to make use of; and soft diureticks. They must avoid acrimonious substances in their aliment, use moderate exercise, and not to lie hot, soft, nor much upon the back.

We

We have heard what Dr. *Arbushnot* has said, as above, that all pretences to dissolvents of the stone to the time he wrote, were chimerical. But the highest authority in England having given sanction to one since discovered, 'tis but just to take notice of it here.

We shall then observe, That the medicines of Mrs. *Joanna Stephens*, for the cure of this cruel distemper, having obtained great repute, the parliament thought fit, (Sept 1739.) for the benefit of the publick, to purchase this discovery for the sum of five thousand pounds. And the trustees named in an act of parliament passed for that purpose, published the following paper in the London Gazette of June 21, 1739. pursuant thereto.

A full Discovery of the Medicines given by me Joanna Stephens, for the Cure of the Stone and Gravel; and a particular Account of my Method of preparing and giving the same.

MY medicines are a powder, a decoction, and pills. The powder consists of egg-shells and snails, both calcin'd.

The decoction is made by boiling some herbs (together with a ball which consists of soap, swines-creffes burnt to a blackness, and honey) in water.

The pills consist of snails calcin'd, wild carrot-seeds, burdock-seeds, ashen-keys, hips and hawes, all burnt to a blackness, soap and honey.

The Powder is thus prepared:

Take hens egg-shells, well drained from the whites, dry and clean; crush them small with the hands, and fill a crucible of the twelfth size (which contains nearly three pints) with them lightly, place it in the fire, and cover it with a tile;

then heap coals over it, that it may be in the midst of a very strong clear fire till the egg-shells be calcin'd to a greyish white, and acquire an acrid salt taste: this will take up eight hours at least. After they are thus calcin'd, put them into a dry clean earthen pan, which must not be above three parts full, that there may be room for the swelling of the egg-shells in flacking. Let the pan stand uncover'd in a dry room for two months, and no longer: in this time the egg-shells will become of a milder taste, and that part which is sufficiently calcin'd will fall into a powder of such a fineness as to pass through a common hair sieve, which is to be done accordingly.

In like manner, take garden snails with their shells, clean'd from the dirt, fill a crucible of the same size with them whole, cover it, and place it in a fire, as before, 'till the snails have done smoaking, which will be in about an hour, taking care that they do not continue in the fire after that. They are then to be taken out of the crucible, and immediately rubb'd in a mortar to a fine powder, which ought to be of a very dark grey colour.

Note, If pit-coal be made use of, it will be proper, in order that the fire may the sooner burn clear on the top, that large cinders, and not fresh coals, be placed upon the tiles which cover the crucibles.

These powders being thus prepar'd, take the egg-shell powder of six crucibles, and the snail-powder of one, mix them together, rub them in a mortar, and pass them through a cypress-sieve. This mixture is immediately to be put up into bottles, which must be close stopp'd, and kept in a dry place for use.

I have generally added a small quantity of swines-creffes burnt to a blackness, and rubb'd fine; but this was only with a view to disguise it.

The egg-shells may be prepar'd at any time of the year; but it is best to do them in summer. The snails ought only to be prepared in May, June, July, and August; and I esteem those best which are done in the first of these months.

The Decoction is thus prepar'd:

Take four ounces and a half of the best Alicant soap, beat it in a mortar with a large spoonful of swines-creffes burnt to a blackness, and as much honey as will make the whole of the consistence of paste. Let this be form'd into a ball.

Take this ball, and green chamomile, or chamomile-flowers, sweet fenel, parsley, and burdock leaves, of each an ounce; (when there are not greens, take the same quantities of roots) cut the herbs or roots, slice the ball, and boil them in two quarts of soft water half an hour; then strain it off, and sweeten it with honey.

The Pills are thus prepared:

Take equal quantities by measure, or snails calcin'd as before, of wild carrot-seeds, burdock-seeds, ashens-keys, hips and hawes. all burnt to a blackness, or, which is the same thing, till they have done smoaking: mix them together, rub them in a mortar, and pass them thro' a cypress-sieve. Then take a large spoonful of this mixture, and take four ounces of the best Alicant soap, and beat them in a mortar with as much honey as will make the whole of a proper consistence for pills; sixty of which are to be made out of every ounce of the composition.

The Method of giving these Medicines is as follows:

When there is a stone in the bladder or kidneys, the powder is to be taken three times a day; viz. In the morning after breakfast, in the afternoon about five or six, and at going to bed. The dose is a drachm averdupoiz, or fifty-six grains, which is to be mix'd in a large tea-cup full of white-wine, cyder, or small-punch; and half a pint of the decoction is to be drank, either cold or milk-warm, after every dose.

These medicines do frequently cause much pain at first; in which case it is proper to give an opiate, and repeat it as often as there is occasion.

If the person be costive during the use of them, let him take as much lenitive electuary, or other laxative medicine, as may be sufficient to remove that complaint, but not more: for it must be a principal care at all times to prevent a looseness, which would carry off the medicines; and if this does happen, it will be proper to encrease the quantity of the powder, which is astringent; or lessen that of the decoction, which is laxative; or take some other suitable means, by the advice of physicians.

During the use of these medicines, the person ought to abstain from salt meats, red wines, and milk, drink few liquids, and use little exercise, that so the urine may be the more strongly impregnated with the medicines, and the longer retained in the bladder.

If the stomach will not bear the decoction, a sixth part of the ball made into pills must be taken after every dose of the powder.

Where the person is aged, of a weak constitution, or much reduced by

by loss of appetite, or pain, the powder must have a greater proportion of the calcin'd snails, than according to the foregoing direction; and this proportion may be increas'd suitably to the nature of the case, till there be equal parts of the two ingredients. The quantity also of both powder and decoction may be lessened for the same reasons. But as soon as the person can bear it, he should take them in the above-mention'd proportions and quantities.

Instead of the herbs and roots before mentioned, I have sometimes used others, as mallows, marsh-mallows, yarrow red and white, dandelion, water-creffes, and horse-radish root, but do not know of any material difference.

This is my manner of giving the powder and decoction. As to the pills, their chief use is in fits of the gravel, attended with pain in the back and vomiting, and in suppressions of urine from a stoppage in the ureters. In these cases, the person is to take five pills every hour, day and night, when awake, till the complaints be removed. They will also prevent the formation of gravel and gravel-stones in constitutions subject to breed them, if ten or fifteen be taken every day.

J. STEPHENS.

June 16, 1739.

N. B. Mrs. *Stephens* received the said reward, on her medicine having been try'd and approv'd, March 17, 1739-40. See London Gazette, March 23, 1739-40.

We shall make no observations here upon this famous prescription: but as there may be some persons who will not care to go thro' this process for the stone, and different habits and constitutions may be dif-

ferently affected by the medicines; as there are many cases also in which the stone is not formed, and which may be reached by less difficult preparations; and as under this article we comprize as well the *stone, gravel, sand, &c.* as all nephritick cases, bloody water, suppression of urine, &c. For these reasons we cannot dispense with giving the following recipes for these distempers, which the patients may have recourse to, as they find them suitable to their respective cases: and which have all of them been try'd and approved on many patients, in different states of these maladies.

We shall therefore insert, 1. Those recipes which relate to the stone principally. 2. Those chiefly relating to the gravel. 3. Those which are principally diuretick, and relate to suppression of urine, bloody water, &c.

1. *Recipes good against the Stone principally.*

A choice Medicine in an actual Fit of the Stone.

TAKE the decoction made according to the London Dispensatory for the syrup of marsh-mallows, with this difference, that to the same quantity of water, you must take but half the quantities of each of the ingredients. Let this corrected decoction be well clarify'd, and let the patient take it warm six, eight, or ten ounces at a draught, from time to time, as need shall require.

An excellent Water against the Stone.

TAKE fresh-spotted arsmart, three pound; pellitory of the wall, purslain, bean-cods, of each one pound: bruise them; and add new-milk, or hot from the cow, one gallon: mix them, and distil. Take four ounces twice a day with honey, for twenty-six days together.

An easily prepared Medicine in Fits of the Stone.

TAKE somewhat less than a handful of red chick-pease, or cicers, and boil them softly in a quart of spring-water till the liquor be red, and well impregnated with the seeds: strain this decoction, and sweeten it with syrup of marsh-mallows, out of which all the stronger diureticks are left.

A good Clyster in Pains of the Stone, or Colick.

TAKE half a pint of good sallad-oil, and as much good sack; (or if that cannot be had, good claret wine) shake them very well together, and give it moderately warm.

To expel the Stone in a Fit.

TAKE crabs-eyes powder'd, and dissolve a large proportion of them in good white-wine vinegar; and of this drink let the patient take from two spoonfuls to five or six at a time.

An excellent Foment in Fits of the Stone in the Bladder, and Suppression of Urine, &c.

TAKE roots of smallage, four ounces; roots of fenel, linseed, each two ounces; herbs pellitory of the wall, mallows, arsmart, chamomile-flowers, each two handfuls: boil in water three quarts to two; in the strain'd dissolve crude salt armoniack, (or if you cannot get it, salt prunel) half an ounce; common soap, two ounces: mix.

For the Stone.

TAKE barley-water, (with half an ounce of gum Arabick boil'd in it) two pints; white-wine, half a pint; syrup of marsh-mallows, syrup of the five opening roots, of each one ounce and a half; sweet spirit of nitre, half an ounce: mix, and let the patient drink a glass frequently.

For the same.

TAKE oil of sweet almonds, syrup of marsh-mallows, of each two ounces; sperma ceti, two drachms; sweet spirit of nitre, one drachm and a half: mix them together, and take a spoonful at pleasure.

For the Cure of the Stone and Gravel, whether in Kidneys, Ureters, or Bladder.

TAKE marsh-mallow leaves, the herb mercury, saxifrage, and pellitory of the wall, of each fresh-gather'd, three handfuls: cut them small with a pair of scissars, and mix them together, and pound them in a clean stone mortar, with a wooden pestle, till they come to a mash; then take them out, spread them thin in a broad glaz'd earthen pan, and let them lie, stirring them about once a day till they are thoroughly dry, (but not in the sun) and then they are ready, and will keep good all the year long. Of some of these ingredients so dry'd make tea, as you do common tea, with boiling hot water, as strong as you like to drink it; but the stronger the better, and drink three, four, or more tea-cups full of it blood-warm, sweeten'd with coarse sugar, every morning and afternoon, putting into each cup of it at least half a spoonful, or rather more, of the express'd oil of beech-nuts, fresh drawn (which in this case has been experienc'd to be vastly preferable to oil of almonds, or any other oil) stirring them about together, and so to continue it for as long as you see occasion.

An almost specifick Medicine for Exulcerations in the Kidneys.

TAKE jet, and having reduc'd it to fine powder, give of it about half a drachm for a dose, in some good white-wine in the morning fasting,

fasting, and at bed-time for some days together.

2. *Recipes for Cure of the Gravel.*

A Clyster for the Gravel, Sand, &c.

TAKE mallows, golden rod, each one handful; juniper and bay-berries, daucus and parsley-seed, each two drachms: boil in water to twelve ounces; in the strain'd dissolve castile soap, half an ounce; oil of chamomile, one ounce; oil of aniseed, two drachms; syrup of violets, two ounces: mix.

It disperses wind, softens hard fœces, empties the intestines, lubricates the urinary passages, and expels sand.

An easy Prescription for the same.

PUT a spoonful of oatmeal in a glass of water, when settled, strain it off, and then put to it a spoonful of clarify'd honey.

A tea-spoonful of honey drank every morning fasting, in half a pint of warm water, an hour or more before breakfast, is also an easy and excellent remedy.

An experienc'd Remedy to expel Gravel, and provoke Urine.

TAKE the juice of onions, two spoonfuls; white-wine, half a pint, or more: mix them for a draught. It gives present ease; and if repeated for some time, in a short season cures.

A balsamick Mixture for internal Ulcers, the Whites, Gonorrhœa, Stone, &c.

TAKE balsam of capive, half an ounce; oil of juniper, half a drachm: dissolve it in the yolks of two eggs, and add syrup of marshmallows compound, two ounces and a half; arsmart-water, ten ounces: mix.

This medicine provokes urine, and expels stones, as well out of the

gall-bladder as the kidneys, of which we had an amazing instance, says Dr. Fuller, of late in a certain artificer at Peterborough, who being horribly tortur'd with nephritick and colick pains, fell into such convulsions, that several strong men could not hold him in his chair. When I had consider'd the symptoms, says he, I prescrib'd this mixture, and upon taking a few spoonfuls, he brought away a great quantity of urine, together with gravel and sand; and several stones also as big as capers, by stool. And thus was he (to the wonder and satisfaction of his friends) restored to his former health.

3. *Suppression of Urine, Bloody-water, &c.*

For Bloody-water.

LET this caution be observed under this head: The gentlest should be begun with to prepare for the more forcing medicines.

This is a distemper that may be produced by violent exercise, strains, &c.

Bleeding is one of the first and principal reliefs in this case, which takes off the distension, and helps to close the vessels. Cool the blood by drinking plentifully of milk and water, in which a little gum arabick is boiled: and for the closing of the vessels, this will suffice:

Take true bole-armoniack, and terra Lemnia, of each one drachm; gum Arabick, half a drachm; conserve of red roses, an ounce and a half; syrup of red roses, as much as will make a soft electuary; of which take the bigness of a nutmeg three times a day, drinking after it four spoonfuls of the following julep:

Take oak-bud water, eight ounces; spirit of vinegar, one ounce; cold cina-

cinamon-water, two ounces; red coral in powder, one drachm; syrup of comfrey, an ounce: mix.

An experienc'd Remedy for Bloody-water, from Mr. Boyle.

TAKE waters of the black alder, of mallows, of each three ounces; syrup of comfrey, one ounce: mix them, and let the patient take four spoonfuls immediately; and four or five times a day.

An old Lithotomist's Medicine for Suppression of Urine (given Mr. Boyle by himself).

GIVE from about fifty grains to one drachm for a dose, of the pulvis holandi; and if the necessity be very urgent, you may give from one drachm to four scruples, or a drachm and a half, not neglecting in the mean while other proper remedies.

For Suppression of Urine.

GIVE about a spoonful at a time of bruised mustard-seed, in any convenient vehicle.

An almost specifick Medicine for the Suppression of Urine.

INFUSE in a good heat, two handfuls of the flowers of French lavender in a pint of good brandy (not rectify'd spirit of wine); and of this infusion, give about a small wine glass full at a time (diluted, if there be great need, with a sufficient quantity of some appropriated liquor).

Pot-herbs good against the Stone.

Borage, chervil, wild endive, lettuce, rock-parsley, carrots, turneps, skirret, sow-thistle, vipere-grass, jagged lettuce, goats-beard.

The whey, milk, or butter-milk of animals fed on grass alone, is very effectual, if continued till you have a stool, which remains loose for some time; which is not to be stopt, tho' some weakness succeed; for it often successfully eradicates even an inveterate malady of this sort.

See Strangury, Ulcers, &c. also Distillery.

S T R A I N S.

THE bones are said to be strain'd, when the heads of them are removed out of the proper places.

In the cure, great care is to be taken to prevent or discuss an inflammation (which will sometimes bring on mortal convulsions). For both which purposes the following fomentation is of use:

' Take of the tops of St. John's-wort, one handful and a half; betony, chamomile, and rosemary, each one handful; root of greater comfrey, three ounces; round birth-wort, six drachms; seeds of the four calida majora, each half an ounce: boil in a sufficient quantity of spring-water and wine to a quart, for a fomentation:

' dip the bandages in the same while ' warm.'

Where the contusion is larger, increase the quantity of comfrey; where slighter, of birth-wort: where the pains are violent, add heads of poppies. An cedematous tumour sometimes happens; in which case anoint the parts affected with a volatile penetrating oil; rock-oil is also good, and balsam of Peru temper'd with spirit of juniper. It is likewise proper to anoint with oil of St. John's-wort, and oil of turpentine.

Stinking distill'd oil of tartar is very offensive, but at the same time highly efficacious.

For a slight strain without dislocation, wheat-bran boil'd in vinegar is good.

Medicines

Medicines prepar'd of earth-worms are proper, applied both inwardly and outwardly.

An egg beat up with oil of turpentine, and a little vinegar, is a very good remedy, and answers all intentions. The other methods of cure, we leave to the surgeons.

The following are also highly approved in particular cases.

For a Strain.

TAKE the strongest vinegar you can get, and boil in it a convenient quantity of wheat-bran, till you have brought it to the consistence of a poultice. Apply this as early as may be to the part affected, and renew it when it begins to grow dry.

For a fresh Strain.

BOIL bran in wine-vinegar, to the consistency of a poultice; apply it warm, and renew the poultice once in twelve hours, for two or three times.

An approv'd Medicine for a recent Strain.

APPLY seasonably a cataplasm made of bran boil'd in good vinegar, till it be soft enough to make a poultice.

My Lord Bacon's experienc'd Medicine for a recent Strain or Bruise.

TAKE a good handful of fresh wormwood, and boil it in a sufficient quantity of strong ale to the softness of a poultice; then take it off the fire, and when you apply it, which you should do whilst 'tis very hot, put to it a spoonful or two of good common brandy.

An excellent Medicine for a fresh Strain.

TAKE four ounces of bean-flower; two ounces of wine-vinegar: of these make a cataplasm to be applied a little warm to the part affected; but if this should prove something too sharp, (as in some

cases it may) then take two drachms of litharge, and boil it a little in the vinegar, before you put it to the bean-flower.

For a Strain.

TAKE red lead, nine ounces; oil of red roses, one pint and a half; white-wine vinegar, half a pint: mix, and boil them to the consistence of a plaister, and spread it upon leather, and apply to the part.

For a Bruise occasion'd by a Fall.

TAKE horse-dung, and sheep-suet, of each alike: boil them well together, and apply warm to the part affected, as a poultice.

For a Bruise in the Eyes or Face.

TAKE the white of an egg, beat it well with cream, dip lint in it, and apply to the bruised part: it will take out the blood, and give ease in a very short time: renew it once in twelve hours.

For an inward Bruise.

TAKE the powder of jet; let the patient drink of it as much as will lie on a six-pence, every morning, in a draught of any convenient liquor, till he is perfectly well.

For an old Strain, an effectual Remedy.

TAKE crown-soap, a quarter of a pound; the strongest wort, a pint; brandy, two ounces: boil them all together, and add myrrh, and bole armoniack finely powder'd, of each three drachms, and let them boil to the thickness of a plaister; which spread upon sheeps-leather, and apply to the part.

A strengthening Plaister for Strains, or Weakness of the Back.

TAKE rupture-plaister, plaister of red-lead, of each equal parts: make a plaister, to be applied to the loins, or to the part strain'd.

For

For a Strain.

TAKE the nerve-ointment, (before-mention'd) ointment of mallows, of each six drachms; oil of mace by expression, half a drachm; compound spirit of laven-

der, Hungary-water, of each two drachms: mix them, and anoint the part with a warm hand four or five times a day, covering it with a flanel.

See Bruises.

STRANGURY

IS any difficulty of urine from whatsoever cause, attended with a continual involuntary dripping. It frequently is caused by blistering, and is a very troublesome attendant on that painful operation.

Drinking plentifully of some emulsion is very proper for it: soft water, that is not brackish, is good; also water with barley boil'd in it, and while boiling put a drachm or two of gum arabick to each quart, which will smooth the passage, and sheath the pricking salts that offend.

Forestus tells us, that he has found the good effects of a decoction of mallows and syrup of violets, when every other method had fail'd: and there can be no doubt that smooth herbs of any kind, or mucilages, or things of a slimy nature, will have this effect, since, as a worthy physician observes, whites of eggs themselves beaten into water, and injected by a syringe into the passage, by being apply'd to the parts alleviate this pain, as well as such medicines taken by the mouth.

The following is an approved emulsion in this case:

Take mallows, two handfals;
gum arabick, two drachms; barley-water, a sufficient quantity:
boil all to a quart; to which add
sweet almonds blanch'd, one ounce; of each of the four great cold seeds, two drachms: make an emulsion; strain, and add two

ounces of syrup of marsh-mallows;
of which drink plentifully, at pleasure.

The three following recipes are also accounted of good effect in this distemper.

Broth of Crayfish, good in the Strangury and billick Fevers.

TAKE one hundred crayfish; having pounded them alive in a mortar, boil them in two quarts of water to one quart and half a pint, adding towards the last, two blades of mace; one nutmeg, slic'd; and old Malaga, half a pint: strain it, and let the patient sup up a draught of it twice a day.

Another.

TAKE the tails of twenty crayfish; candied eryngo-roots, one ounce; the bottom of a white loaf; raisins stoned, two ounces; liquorice, three drachms: boil these in three pints of water to one quart, and strain it.

Let four or six ounces be taken, three times a day. After the same manner may be made broth of snails.

A Powder for the Strangury.

TAKE crabs-claws prepar'd, crabs-eyes prepar'd, pearl prepar'd, pearl-sugar, of each a drachm: mix, and make a powder; divide it into eight papers, of which take one every morning and evening in a spoonful of asses-milk, drinking half a pound upon it.

See Fever, Stone, &c.

SUDORIFICKS.

ON this head, it will be needful only to intimate, That when it is consider'd, that the liquid which goes off by sweat, is often the most subtile part of the blood, it will follow, that it ought not to be forc'd away without manifest necessity. When sweat is vehement, it will grow bloody. Water is the best and safest sudorifick; watery and acid things mix'd, prove strong

sudorificks. Spices, by heating and dissolving the blood, are not so proper and safe sudorificks.

For what otherwise relates to the article of sweating, &c. see under the proper heads of *Fever*, &c.

See also *Evacuation*, *Perspiration*.

SUGAR.

See *Aliment*, *Childrens Distempers*, *Herbs*. Also see *Confectionary*, &c.

SURFEITS.

A Surfeit is an indisposition of body, with a sense of heaviness at the stomach, and sickness, succeeded generally by eruptions in the skin, and a small fever. It is commonly consequent upon eating or drinking unwholesome things, or on some excess in either food or drink; tho' there are also other causes, such as too large a draught of cold water, or small-beer, especially when hot in the summer-time, too violent exercise, bad air, &c. The eruptions are like a rash.

For the cure, give a vomit presently; and if there be no fever, a

dose of tincture of *hiera picra*, next day.

If the eruptions appear, keep them up with cordials, and gentle diaphoreticks. Let the patient drink sack-whey, or sage-tea.

Where the fever is strong, and the patient full of humours, bleeding may be used.

See *Excesses*. Also see *Distillery*.

SWEATS.

See *Evacuation*, *Fever*, *Sudorificks*, &c. Also *Distillery*.

SWELLINGS.

See *Tumours*.

SWOONING.

See *Fainting*, &c.

TEETH, GUMS, TOOTH-ACH, &c.

TOoth-ach is a very troublesome disorder, and has sometimes been attended with fevers, head-achs, convulsions, or imposthumations: 'tis therefore not to be so slightly treated as some imagine. If the pain be small, and just begun, brandy, or any spirituous liquor held in the mouth, will correct the coldness, and prevent its going further. If the tooth be hollow, and you have no mind to part with it, the hole may be filled with lead or boil'd turpentine, to defend it from the air; or thrust up a pill of crude

opium into the tooth, which has been first softened by a drop or two of oil of cloves; and the following draught taken at bed-time, will remove the feverish heat occasion'd by the anguish, if it ceases not on the pain being quell'd by the opium; viz.

Take two ounces of milk-water; two drachms of treacle-water; six drachms of syrup of white poppies; and one scruple or twenty grains of Gascoign's powder: mix.

This distemper is also often cur'd by

by oil of wild marjoram. Liquid pitch, held in the mouth, likewise takes away the pain; and oil of box wonderfully eases it.

A decoction of tobacco in wine, held in the mouth, efficaciously cures the pain.

Root of pellitory of Spain, chew'd, expels a great deal of humours, and eases the anguish. Sometimes, so much corruption is rais'd from a rotten tooth, that it causes swellings in the cheek and chin, which can be no otherwise cured than by drawing. But a most effectual remedy against this disorder, is the juice of the root of yellow fleur-de-lys, rubbed upon the tooth affected, or the root chew'd in the mouth, which will instantly stop the pain.

The following recipes are very efficacious in the different ailments of the teeth and gums, &c. and in order to preserve them.

A Medicine prescrib'd to King Charles the First, to fasten the Teeth.

TAKE a pint of spring-water, and put to it four ounces of brandy: let the patient wash his mouth with the mixture of these every morning, and twice or thrice a day besides; and let him in the morning roll for a little while, a bit of roch-alum to and fro in his mouth.

An almost specifick Remedy for the Tooth-ach.

TO a quart of claret put one drachm of alum, and another of acorns; a drachm and a half of gills; and half a handful of good dry'd rose-leaves: boil this to the consumption of near half, and then take it from the fire and strain it, and dissolve it in a drachm and a half of acacia tut into small bits; and with this liquor a little hot, wash the part several times in a day.

For scorbutick Gums, and to fasten the Teeth.

TAKE a pint of claret, and half an ounce of roch-alum: mix, and dissolve them, and then add thereto six ounces of a strong tincture of Japan-earth made with common brandy.

An useful liquor to fasten the Teeth, and prevent the Tooth-ach.

TO a pint of spring-water put half an ounce of clean sal armoniack; and with the solution of this salt, let the patient wash his mouth from time to time.

An excellent Medicine to fasten the Teeth in scorbutick Gums.

TAKE of choice bole-armoniack, two drachms, choice myrrh, (not lucid) one drachm; roch-alum crude, half a drachm; claret-wine, one pint: boil these softly a little while together, and let the patient use twice, thrice, or (if need be) oftener, in a day.

For the Aching of a hollow Tooth.

TAKE oil of wax, and with it moisten well a little cotton, and thrust it up into the hollow tooth, letting it lie there till the pain be sufficiently assuag'd.

Pellets for a hollow Tooth.

TAKE assa foetida, eight grains; camphire, dragons-blood, each one grain; oil of pepper, two drops: mix.

One pellet will oftentimes ease the most sharp pains, and prevent their return.

For the Tooth-ach proceeding from sharp Rheum; and not a bad Tooth.

TAKE burnt alum powder'd, half an ounce; nutmeg, one drachm; honey of roses, as much as sufficient to make it of the consistence of an ointment; which spread upon paper, and bind upon that side of the face that is in pain, with a convenient cloth.

A Gargle for a stinking Breath.

TAKE myrrh, two drachms; Florentine orris, cyperus aromatick reed, and Spanish angelica-roots, of each a drachm; rosemary-leaves, a handful; cloves, half a drachm; white-wine, four ounces; spring-water, half a pint; make warm close infusion two hours: to the strained liquor add Hungary-water, six drachms; tincture of Benjamin, two drachms: mix.

For scorbutick bleeding Gums, that scarce stick to the Teeth.

TAKE crude and burnt alum, of each two drachms; bole, Japanick earth, of each one drachm; oil of sassafras, six drops; honey of roses, as much as suffices: mix them. Powder'd gum lac may be added.

A Powder for foul, black, or yellow Teeth.

TAKE powder of tiles, half an ounce; moisten it, at several times, with oil of tartar, till it hath imbibed its own weight, and bring it to the consistence of paste; then add white tartar, three drachms; bread burnt black, two drachms: make it into powder; and after rubbing the teeth with it, wash it off with warm wine.

A Gargle for ulcerated Mouths, Throats, &c.

TAKE red astringent wine, one pint; powder'd myrrh, two drachms: mix.

It deterges, astringes, repels, dries, heals: is a most excellent wash for swell'd, fungous, flaccid, bleeding, eroded and putrid gums; cleanses and frees the mouth from foulness and ill scents, and heals (even venereal) ulcers of the jaws and throat.

To preserve the Teeth.

TAKE burnt hartshorn, half an ounce; myrrh, two drachms:

mix, and powder them, and rub the teeth with it.

To cleanse the Teeth.

TAKE pumice-stone, scuttle-bone, of each one ounce; tartar of vitriol, mastich, of each two drachms; musk, one scruple; oil of rhodium, three drops: mix them to a fine powder, and use. It whitens the teeth, hardens the gums, and sweetens the breath.

A Gargle for a sore Mouth.

TAKE one sage-leaf; boil in half a pint of fountain-water; and to a quarter of a pint of it strain'd, add white-wine vinegar, four ounces; roch-alum, six drachms; honey, two ounces: boil it again, and scum it.

The following observations of a worthy naturalist, relating to this subject of the teeth, &c. deserve a place here.

The pains and diseases attending the TEETH, chiefly proceed from two causes. The first, from certain filthy phlegmy matter which the stomach and vessels continually breathe and send forth, which centres in the mouth, and lodges between the teeth, and on the gums; and in time makes the teeth loose and rotten. And secondly, for want of continual cleansing and washing, those breathings and this phlegmy matter turns to putrefaction, which eats away the gums, as tho' done by worms: and this effect is generally attributed by mistake to the scurvy.

The distempers attending the teeth and gums proceed also from the various sorts of meats and drinks, and more especially from the continual eating of flesh, and fat sweet things, compounded of disagreeing natures, which do not only obstruct the stomach, but sur and foul the mouth, part thereof remaining upon the

the gums, and between the teeth: for all such things quickly turn to putrefaction, which by degrees corrupts both the teeth and gums. Besides, our beds take up near half the time of our lives, and our suppers lying hard in the stomach most of the time, require more than double the space for perfect concoction, that the same food does when a man is up, and in the open air; the night therefore fouls the mouth more than the day, furring it with a gross slimy matter, especially in such as have foul stomachs, and are in years, and who do not well cleanse them every morning.

It is to be noted, that most people attribute the diseases of the teeth to colds, and rheums, and other outward accidents. It is true, outward accidents will further this disease, but then there must be matter before-hand, otherwise outward colds can have no power to cause this pain. For if your teeth and gums be sound, and free from this matter, take what colds you will, your teeth will never ach, as daily experience shews.

The best and most sure way therefore to prevent the diseases and pains in the teeth and gums, is every morning to wash your mouth with several mouthfuls of pure water, cold from the spring or river, and so again after dinner and supper, swallowing down a mouthful of water after each washing: for there is no sort of liquor in the world so

pure and clean as water; and nothing cleanses and frees the teeth and gums from that foul matter which proceeds from the breath and purgings of the stomach, and from the various sorts of food, so well as water. The use of other washes is to little or no purpose; but whosoever constantly washes his mouth with water, as is before mentioned, shall find an essential remedy.

All hard *rubbing* and *picking* of the teeth ought by any means to be avoided, as very injurious to them. But whenever you find your mouth foul, or subject to be slimy, as sometimes it will more than at others, according to the good or bad state of the stomach, tho' it be not after eating: at all such times you ought to wash your mouth. This rule all mothers and nurses should likewise observe, washing the mouths of their children two or three times a day; and also cause their children to swallow down a little water, which will be very refreshing to their stomachs; for milk naturally fouls and furs the mouth and teeth, and if they be not kept clean by continual washing, it causes the breeding of their teeth to be the more painful to them.

To keep the teeth white, one of the best things, is a piece of broken China, or fine Delft-ware, beat into fine powder, and to rub the teeth with it.

See *Childrens Distempers*. See also the article *Cosmeticks*.

TEMPERANCE.

AS this is a virtue, which never fails to reward its practisers with *health* and *long-life*, we think we ought not to omit it in this treatise; because *temperance* is not only the best prescription for health that can be given, but what (if

timely observed, before the noon of life be past, and while the vital parts are not greatly injur'd by debauches) will make all other physical prescriptions needless, excepting in cases of unforeseen accidents. We cannot better set forth the efficacy of

this virtue to health and long life, than in a short account of the practice of the noble Venetian CORNARO, which has been so often quoted by physicians.

This noble person gives us an account, That he was addicted to intemperate living till between the thirty-fifth and fortieth years of his age, which, together with a naturally weakly constitution, had produc'd a constant pain in his stomach, and often of the side, and a beginning gout, with a continual fever and thirst. That hereupon he resolved to follow the advice of his physicians, who prescribed to him a sober and regular life, and that he should only chuse in small quantities food proper for sickly constitutions.

That he soon found the good effects of this advice; for in less than a year's time he was perfectly cur'd of all his infirmities.

He then began diligently to examine whether the most agreeable sort of food was also the most nourishing, or not? Upon which he found; that tho' his taste was best pleas'd with strong and very cool wines, melons, and other fruit; as also with raw lettuce, fish, pork, sausages, pulse, cake, pye-crust, and the like, yet all these were pernicious to him. Wherefore he chose such wine as suited his stomach, and in such measure as might be easily digested; always taking care to rise from table with some remains of appetite.

His annual distemper, with all the others, being by this means intirely remov'd, he proceeded farther to guard against excess of heat and cold, weariness, watching, bad air, and venery; being well appriz'd that besides the benefit of moderate eating and drinking a regard should also be had to these, in order to

preserve perfect health, as also to the government of the passions, such as *hasted* and *melancholy*, and even excessive joy, which have great influence over the constitution; tho' where a regular diet is observ'd, these affections of the mind are not so hurtful as they would otherwise be.

He observes further, that such accidents as are inevitable death to others, are easily overcome by the temperate: for when he was seventy years old, a coach, in which he was riding hastily, was overturn'd, himself dragg'd furiously by the horses a considerable space, his whole body grievously bruis'd, and one of his arms and legs put out of joint. When he was carried home, he says the physicians concluded he would die within three days: yet advis'd letting of blood and purging, with a view to obviate the inflammation and fever they apprehended; both which remedies he refus'd, because the regular life he had led so many years, seem'd not, as he thought, to require any such expedients. Therefore he only caus'd his arm and leg to be set, and his body to be anointed with oil, which without any other application cur'd him, to the amazement of the physicians.

He observes however, that a regular life can hardly be alter'd without exceeding great danger; and gives an instance of it in himself, that being prevail'd upon to permit the quantity of his diet to be increas'd only two ounces; viz. from twelve full ounces of bread, eggs, flesh, and broth, to fourteen; and from fourteen ounces of drink, to sixteen; the effect of this alteration was, that of a chearful man he became melancholy and cholerick, and hardly knew what he did or said.

On

On the twelfth day he was seiz'd with a pain in the side, which continued twenty-two hours, and was succeeded by a violent fever, which lasted thirty-five days and nights; tho' after the fiftenth it decreas'd, He could not sleep even a quarter of an hour, and was given over for lost: that hereupon, tho' he was now seventy-eight years old, his body extremely emaciated, and the winter very severe, he resum'd his wonted method of living, and thereby regain'd his former health. Whence he concludes, "That an orderly life is the most sure way and ground of health, and long days; and the true and only medicine of many diseases." He then explodes the common pretences of such epicures, as assert, that it is better to abate ten years of life, than always to live *under restraints*. He observes, that they consider not of how great moment ten years are in *mature age*, wherein wisdom, and all kind of virtues, are most vigorous; which, but in that age, can hardly be perfected. And asks, If almost all the learn'd books that we have, were not written by their authors in those very *ten years* which those sensualists contemn in comparison with their belly?

"That besides, an orderly life is not so *hard* a thing, as these persons pretend; That *Galen* kept it, and held it for the best physick; and instances the like in many others, antients and moderns."

As to the due proportion to be observ'd with regard to the various constitutions of persons who would live within the bounds of temperance, he says, That no man is oblig'd to live upon so little as he does; nor to forbear as he does, fruit and fish, except they find hurt by them, as he does: that there-

fore such as find benefit in these meats, may, yea, ought to use them: yet all must take heed, lest they take a greater quantity of any meat or drink (tho' most agreeable to them) than their stomach can easily digest: so that he who is not hurt with any kind of meat and drink, hath the *quantity*, and not the *quality*, for his rule, which, as he rightly says, is very easy to be observ'd.

He takes notice, further, that there are some who object, that a long life is no such desirable thing; because that after a man is once sixty-five years old, all the time afterwards is rather death than life: but to shew how greatly such persons err, he recounts the pleasures and delights he actually takes at the age of eighty-three, which, as he says, are such as that all men account him happy.

Some of these are, that he has agility enough to mount his horse without help, on high ground; that he can ascend high stairs and hills on foot; that he is ever chearful, merry, and well contented, free from cares and troublesome thoughts; that he often convers'd with men eminent for learning, wit, polite behaviour, and other graces and virtues; at other times, that he either read some judicious author, or wrote himself, and endeavour'd to assist others in the same way.

That he enjoy'd his gardens, which were very pleasantly situated, and delighted himself in their cultivation; and in the convenience and beauty of his houses, as well those in the city of Padua, as in the country, and in a church which he had built himself; and took the more delight in the latter, as he had drain'd the ground, and made the air good, that before was moorish and unhealthy; which had encouraged

others to build all around him: so that, as he observes, he can truly say, he has both given God a temple, and men to worship him in it.

That he sometimes rides to the neighbouring cities, to enjoy the company of his friends, and of great masters in architecture, painting, statuary, musick, and husbandry, who abounded in that age and country. He view'd their pieces, compar'd them with those of the ancient school, and ever learnt something worth his knowledge. He survey'd palaces, gardens, and antiquities, publick fabricks, temples, and fortifications; omitting nothing which might either instruct or delight him.

All his senses were in full vigour, but especially his taste, so that he relish'd his own assign'd pittance, better than he did formerly all the dainties which luxury could bestow.

He felt no inconvenience from the change of his bed: he slept well and quietly any-where, and his dreams were light and pleasant. He was chiefly delighted with the success he had in his projects of cultivation and husbandry; to which employment he was appointed by the state, and resided two whole months in the heat of summer, (which is very violent in Italy) without any inconvenience, among the fens.

That his fancy was so strong at eighty-three, that he wrote a pleasant *comedy*, full of decent wit and merriment; which kind of poem, as he observes, uses to be the child of *youth*, which it most suits withal for variety and pleasantness; as a tragedy with *old age*, by reason of the sad events which it contains, and which such are generally conversant with. And if, says he, a

Greek poet of old was praised that at the age of seventy-three he wrote a *tragedy*, why should I be accounted less happy, who being ten years older, have written a *comedy*?

And now, says he, lest there should be any delight wanting to my old age, I daily behold a kind of immortality in the succession of my posterity: for when I come home, I find eleven of my grandchildren, all in perfect health. I am delighted with their musick and fashion, and I myself also sing often; because I have now a clearer voice than ever I had in my life. These, continues he, are the delights and solaces of my old age, which is altogether to be prefer'd to the youth of many others; because by *temperance*, and thro' the grace of God, I felt not those perturbations of body and mind, which afflict infinite numbers both of young and old. By all which it is evident, adds he, that the life I live at this age, is not a dead, dumpish, and sour life, but chearful, active, and pleasant.

He then promises himself, that his end is far from him, (in which he was not deceived, he living to above one hundred years in perfect strength of body and mind) because his regularity had excluded death by any other way than pure *resolution*, the most easy and desirable end.

Such was the life of the noble CORNARO: his setting out was in intemperance; he reclaim'd in time, improved a natural sickly constitution, into an healthy one, by *temperance*; and his delights were solid, rational, manly; and such as, after all, make old age desirable, death not to be feared, and give a joyful assurance of happiness in the world to come.

Well then may we say, with a certain

* certain gentleman, " O temper-
 " ance! thou support and attendant
 " of other virtues! thou preserver and
 " restorer of health, and protractor of
 " life! thou maintainer of the dignity
 " and liberty of rational beings from
 " the wretched inhuman slavery of
 " sensuality, taste, custom, and exam-
 " ple! thou brightener of the un-
 " derstanding and memory! thou
 " sweetener of life and all its com-
 " forts! thou companion of reason,
 " and guard of the passions! thou
 " bountiful rewarder of thy ad-
 " mirers and followers! how do

" thine excellencies extort the un-
 " willing commendations of thine
 " enemies! and with what rapturous
 " pleasures can thy friends raise up
 " a panegyrick in thy praise!"

See *Air, Aliment, Diet, Exercise,*
Evacuations, Passions, Sleep,
Water, &c.

T E T T E R S.

See *Cutaneous Distempers.* Also
Cosmeticks.

T H I R S T.

See *Fever.* Also *Syrups* in *Cou-*
sectionary.

Sore T H R O A T S

Generally proceed from colds,
 and ought to be taken care
 of early, for fear of inflammatory
 disorders ensuing.

The following recipes are well
 approved, and the effect of success-
 ful experience.

For a sore Throat.

TAKE a pint of white-wine vine-
 gar; two spoonfuls of made
 mustard; three spoonfuls of honey;
 a very little black pepper: mix it
 all, setting it over the fire till the
 honey is melted, which is necessary
 for the mixing it; then keep it in
 a bottle for use.

When you use it, put out as
 much as you shall use, and warm it.
 Gargle your throat six times toge-
 ther. Repeat this every two hours
 if you be very bad; otherwise night
 and morning is sufficient. If your
 throat be very bad, you should stay
 in your chamber, and keep warm.

A choice Medicine for a sore Throat.

TAKE a piece of greasy linen-
 cloth, of such a bigness, as that
 being doubled, it may make a bag
 in form of a stay, to reach from
 one side of the throat to the other,

and contain as much matter as may
 make it of the thickness of an inch
 or more: this bag being fill'd with
 common salt, is to be heated tho-
 roughly, and apply'd to the part
 affected as warm as the patient can
 conveniently endure: and within
 two hours after, or when it begins
 to grow too cold, another like it,
 and well heated, is to be substituted
 in its room; and whilst this is cool-
 ing, the other may be heated, and
 made ready for use: so that the
 part affected may be always kept in
 a considerable degree of warmth,
 for about forty-eight hours, if the
 remedy be so long needed.

Another.

TAKE housleek, and having light-
 ly beaten it in a glass or stone-
 mortar, press out the juice hard be-
 tween two plates; to this juice put
 almost an equal quantity of virgin-
 honey: mix them well, and add to
 the mixture a little burnt aldm, as
 much as is requisite to give it a
 discernable alluminous taste. Let
 the patient take this from time to
 time, with a liquorice stick, or some
 such thing.

* Dr. Short, in his history of Mineral Waters, p. 9.

*A powerful and experienc'd Medicine
for a sore Throat.*

TAKE two new-laid eggs roasted moderately hard, and the pap of two well-roasted pippins: beat them well together, and add to them as much curds of posset made with ale. Having incorporated them all very well, apply the mixture very warm to the part affected, shifting it, if need be, once in five or six hours.

*An experienc'd Medicine for sore
Throats.*

TAKE of scabious water, six ounces; of wine-vinegar, a small spoonful; of mustard-seed beaten, and of honey, of each a spoonful: stir and shake them very well together; and then filtre the mixture, and keep it for use.

*A choice Remedy for a sore Throat,
especially if inflamed.*

TAKE a little handful of the leaves of common mallows, and eight or ten good figs: boil these about a quarter of an hour in a pint of new-milk, and let the patient use it very hot, and often.

For a sore Throat.

TAKE the conserve of black-berries, and eat of it a tolerable quantity morning, noon, and night.

T H R U S H.

TO what we have already inserted relating to this disorder under the head of *Childrens Distempers*, we shall add the following.

By this name are call'd small, round, superficial, ulcerations, which appear first in the mouth, but as they proceed from the obstruction of the emissaries of the saliva, by the lentor and viscosity of the humour, they may affect every part of the alimentary duct, except the thick guts; they often succeed fevers,

Bramble-leaves, with the stalks on which black-berries grow, two good handfuls, boil'd in a quart of milk till it come to a pint, and drink half a pint at going to bed, and half a pint an hour after, as hot as you can well bear it, is also an approved remedy for a sore throat. It may be sweeten'd with brown sugar-candy; and some put Jew's-ears into it. It is a very pleasant and safe remedy.

A Gargle for a sore Throat.

TAKE a quart of spring-water, and boil it a little; then put into it of columbine, cinque-foil, plantain, and honey-suckle leaves, of each a handful; also five figs cut in pieces; half an ounce of quince-seed; and if it be from a cold rheum, add a little sage, else not; and when all is half boil'd, put to it as much clarify'd honey, as will alter the colour of it; then after it has boiled some time, strain it, and gargle with it as hot as you can, evening and morning, as you see cause.

Likewise rice and white salt mingled together and dry'd in a hot fire-shovel, and so made into a powder, is good for the same malady.

See *Quinsy, Thrush, Uvula.*

especially those that inflame the intestines, or are attended with a looseness; and they are just the same in the inward parts as scabs in the skin, and fall off from the inside of the bowels like a crust: the nearer they approach to a white colour, the less dangerous.

The viscous matter is to be push'd out, therefore bleeding in the beginning is not proper, nor sudorifics, because they thicken; but when the matter is quite push'd out, sweating is beneficial, tepid, diluent

diuent and small liquors are good in the first state, and bathing it the patient can bear it, with gargarisks, clysters. Afterwards the food ought to be nourishing, detergent; panada's with bread and water, bread and milk, honey mix'd with the aliment, when they fall, aliment demulcent, soft, anodyne, and the moderate use of rhenish wine; when they are separated, lenitive, purging substances.

The following recipes are well recommended in particular cases.

An almost specifick Remedy for the Thrush in Children.

TAKE housleek freshly gather'd, crush it well between two plates, or otherwise till you have squeez'd out the juice; mix this with live honey so as to make it somewhat sweet, and then put to it as much finely powder'd roch-alum as will give it a little tartness: put some of this mixture with a quill or a feather, down the throat as far as conveniently may be: if there be need, the part affected may be touch'd once more within an hour after.

A choice Medicine for a Thrush in young Children, or a sore Mouth.

TAKE an egg, and put out the meat, then fill it with the juice of red sage, and set it on hot embers till it boil; then skim it whilst any skum doth rise: then take as much alum beaten as the bigness of a pea

or bean, and half a spoonful of honey, and let this be put in the egg, and boil it a little, and so take it off; and when 'tis cold, rub the child's mouth as oft as you see cause.

A Paste for the Thrush.

TAKE new butter just out of the churn, unsalted, (and washed in rose-water) one ounce and a half; liquorice-powder, one drachm and a half; white sugar-candy powder'd, and passed through a sarse, as much as serves to make it up like paste: mix.

Let a little pellet of this be put into the mouth to dissolve by degrees. It is good against the thrush, parchedness, heat, and roughness of the tongue, foulness in the mouth and throat, wheezing, and painful breathing. It may also be put up the nose when stopped and sore.

A laxative Electuary for the Thrush, and a dry husking Cough.

TAKE sperma ceti, two drachms; work it with the yolk of an egg in a mortar, till uniformly mix'd, then add manna, picked all of the clean sort; extract of cassia new-drawn, penids, of each half an ounce; oil of almonds, as much as it will well take up; beat it in by degrees, and make an electuary according to art.

See Childrens Disorders.

The T O N G U E,

IS the seat of the sense of tasting; which sense may be impair'd, and lost. Chewing horse-radish before meals will help to recover it. But that is a difficult work, especially in old people. The tongue itself is subject to several ailments; the whiteness of it is troublesome, and proceeds chiefly from the stomach, indicating faults therein. Sometimes it is subject to swell,

which is also very troublesome: sometimes it is attended with an ulcer; and sometimes with the palsy. For the three first disorders, the following recipes have been try'd with success.

For the Whiteness of the Tongue.

TAKE plantain-water, two ounces; white-wine vinegar, honey of roses, of each one ounce; sweet spirit of nitre, one drachm; spirit of vitriol,

vitriol, fifteen drops : mix them, and wash the tongue and mouth therewith.

For a Swelling of the Tongue.

TAKE tincture of red roses, red wine, of each three ounces; tincture of myrrh, one drachm and a half; syrup of mulberries, one ounce; sweet spirit of nitre, two drachms : mix, and gargle the tongue.

For an Ulcer on the Tongue.

TAKE honey of roses, half an ounce; oil of vitriol, a sufficient quantity : mix, and touch the ulcer therewith.

For a Palsy in the Tongue, see Palsy, &c.

TOOTH-ACH.

See Teeth.

TUMOURS

ARE formed, either from stagnation, when the passage of the fluids is hindered; gradual congestion, when the tumours are bred, as if by a secretion made; or generation and collection of a fresh humour. The remedies are, 1. Resolvents. 2. Discutients. 3. Suppuratives, (Repellents being laid aside by the best artists).

1. *Resolvents* of the first degree are, the roots and herbs of mallow, wild-mallow, mercury, violets, white lilies, feverfew of the wall, melilot-flowers, linseed, fenugreek, fat dry figs, raisins, hogs-grease, marrow, oil of sweet almonds and white lilies, ointments of wild mallow, &c. Those of the second degree are, the roots and herbs of parsley, pennyroyal, boil'd onion, chervil, amber, cicuta, scabious; flowers of St. John's-wort, saffron, elder-flowers, chamomile; fat of geese and bears; gum of tacamahaca, liquid storax, turpentine; flour of beans, sperma ceti; oil of chamomile, bitter almonds, St. John's-wort, bay-tree; plaister of cicuta, with ammoniac, diachylon, &c. Those of the third degree are, the roots and herbs of briony, wild cucumber, radish, raw onion, sole-foot, squills, wormwood, lesser centaury, tobacco; seeds of mustard, garden-rocket, cumin; gums ammoniac, fenel-giant, bdellium, sa-

gapenum, all-heal, elemi, myrrh; swallow's-nest; spirit of urine, armoniac, spirit of wine, leaven; oils of bricks, scorpions, turpentine, earth-worms, tobacco, petroleum, balsam of sulphur, unguentum martiatum, diachylon with the gum, vinegar and saffron, composition of sulphur, of cicuta with ammoniac, of frogs with mercury. Various compositions may be made out of the above simples, fomentations, cataplasms, &c.

2. *Discutients* are akin to the foregoing, and are these: the roots of fenel, fleur-de-lys, round birthwort, wild cucumber, pellitory of Spain, ginger, elder-flowers, aromatick plants, wild marjoram, pennyroyal, thyme, marjoram, rosemary, wormwood, sage, rue, savine, lavender-spike, hyssop, southernwood; flowers of chamomile, melilot, lavender-spike, sage, saffron; anthos, and berries of the juniper and bay-tree, nutmeg, mace, &c. Aromaticks, seeds of dill, cumin, fenel, rue, mustard; castor, camphire; oils of earthworms, chamomile, cumin, anil, lavender-spike, turpentine, amber, sulphur, animals dung, &c. Out of these simples may be made cataplasms, fomentations, &c. Among which place the following fomentation :

Take of the tops of St. John's-wort,

• wort, wormwood, and lesser centaury, each two handfuls; chamomile, and elder-flowers, each two pugils; juniper and bay-berries, each one ounce and an half: boil it in a gentle lye from three quarts to two; strain, and dissolve it in one ounce of sal armoniack.

At the time of use, add one pint of common spirit of wine: mix it for a fomentation. Likewise this cataplasm:

• Take of bay, rosemary, and rue-leaves, each one handful; chamomile and elder-flowers, dill-tops, each half an handful: boil 'em in water and wine, each an equal quantity, till it grows soft; bean and bran-flour, cow's-dung, each three ounces; of honey, four ounces: mix 'em, and make a cataplasm.

Whilst these externals are used, diaphoreticks (out of the alkaline tribe chiefly) are to be chosen.

3. *Suppuratives* are such remedies, as hasten and facilitate the gathering of the matter to a head. The more eminent are the following: root of wild mallow, white lilies, briony, boil'd onion, garlick roasted under the ashes; the herbs mallow, wild mallow; melilot, chamomile, and saffron-flowers; linseed, fenugreek; barley and wheat-flour, crums of white bread, fat dry figs, gum ammoniack, ointment of wild mallow, sharp leaven, Venice soap, bullock's-dung, &c.

Milk is, above all, a good suppurative, boiling in it a proper quantity of Venice soap; which, apply'd with double cloths, wonderfully ripens and opens imposthumes.

As a good cataplasm, use the following:

• Take root of wild mallow and white lilies, each two ounces;

• mallow-leaves, one handful; linseed powder, one ounce: when these are boil'd soft, add six drachms of onion roasted under the ashes; unguentum basilicum, and oil of white lilies, each a sufficient quantity: mix 'em, and make a cataplasm.

The following recipes are also of use in these cases.

To ripen a Tumour.

TAKE the plaister of Paracelsus, of compound diachylon, of the flower of ointments, of each four ounces: mix them together, and make a plaister.

To heal a Tumour when it is broken.

TAKE Venice-turpentine, two ounces; the yolk of one egg; tincture of myrrh and aloes, half an ounce; powder of saffron, one scruple: mix, and make a liniment, and apply it on lint to the part affected, renewing it every day.

A Fomentation to discuss a Tumour.

TAKE St. John's wort, common wormwood, centaury, of each one handful; bay-berries, two ounces; chamomile and elder-flowers, of each half a handful: boil in three pints of water to a quart; strain, and add common spirit of wine, half a pint: mix for use.

Compound Oil of Marsh-mallows, to relax, soften, suppurate or ripen, and ease Pain in Tumours, Swellings, &c.

TAKE of fresh marsh-mallow roots bruised, two pounds; linseed, and fenugreek-seed, each a pound; spring-water, a gallon: let them steep together for four days; then boil them gently, and press out the mucilage; to which add two quarts of neats-foot oil: boil it over a very gentle fire, till the watery moisture is evaporated, observing to keep it continually stirring,

ring, to prevent its burning; then strain off the oil.

A Plaister good to ease Pain in phlegmatick Obstructions, Tumours, &c.

TAKE cumin-seed, and bay-berries, each six ounces; dried chamomile-flowers, two ounces; water, six quarts: boil them together; then strain off the liquor; to which add Burgundy-pitch, six pounds: boil these to the consistence of a very stiff plaister; then let them stand till they are almost cold; then melt the pitch again, and add by degrees, powder of cumin-seed, and bay-berries, each six ounces; keep continually stirring it, till it be brought to the consistence of a plaister. It warms, attenuates, and discusses swellings, &c.

Ointment of Marsh-mallows; of Service in the Pleurisy, Hardness of Belly, and inflamed Tumours.

TAKE oil of marsh-mallows, twenty-four ounces; yellow wax, six ounces; rosin, three ounces; turpentine, an ounce and a half: mix them together, and make an ointment. It is emollient, or softening, relaxing, suppurative, or ripening, and anodyne, the part being anointed therewith.

The Oil of Marsh-mallows is thus made:

Take fresh marsh-mallow roots bruised, two pounds; linseed, and fenugreek-seed, each one pound; spring-water, a gallon: let them steep together for four days; then boil them gently, and press out the mucilage; to which add two quarts of neat-foot oil: boil it over a

very gentle fire till the watery moisture is evaporated, observing to keep it continually stirring to prevent its burning; then strain off the oil.

A Plaister used to strengthen the tendinous Parts, to resolve and discuss hard Tumours, to ease and warm the Parts, and also in Fractures and Dislocations.

TAKE of yellow wax, and rosin, each six ounces; common and Burgundy-pitch, each three ounces; Venice-turpentine, galbanum and ammoniacum strained, myrrh, frankincense, and mastich, each two ounces and six drachms; powder of saffron, two ounces; turmeric-root in powder, four ounces: make these up into a plaister.

A Medicine which cur'd an obstinate Tumour of the Knee, that had baffled some Chirurgeons.

TAKE a green colewort-leaf with red veins or streaks; and having cut the ribs flat, and almost level to the rest of the leaf, bruise it with the hilt of a knife, or some such thing: apply it to the part affected, renewing it once or twice a day.

A powerfully dissolving Ointment for Warts, and divers Tumours.

TAKE May butter; and having melted it in a moderate heat, mix with it very diligently, but by little and little, as much oil of tartar per deliq. as will give it a sensible, but not a considerably strong taste.

TYMPANY.

See Dropsy.

TWISTING of the GUTS.

IN this tormenting distemper, which is more properly termed the *iliac passion*, and is rather an inversion than a twisting of the guts,

more die than recover. The case is desperate, when there is no discharge by stool, but of blood; as also when cold sweats succeed.

Quick-

Quick-silver and bullets have lost their ancient repute, as dangerous in the cure of this disorder.

Observe to keep the diet thin throughout the whole course, and to confine the patient to his bed.

In the first place observe to strengthen the stomach, and stop the vomiting. Give the salt of wormwood, with the juice of lemons to be taken sometimes; but betwixt whiles a few spoonfuls of mint-water, without adding any thing to it.

In the mean time apply a live puppy to the naked belly, which will alleviate the pain: then give one drachm of the greater scurvy-grass pills, dissolv'd in mint-water, to be taken during the purging.

Fat broths, and oil of sweet almonds, may be taken, and continued, tho' they are often cast up by vomiting.

The caul of a sheep newly kill'd, applied to the belly, wonderfully alluages the pain; as does a cataplasm of Bursdorf apples rotten, with a little saffron, or of sheeps-dung boil'd with milk.

Sperma ceti in a decoction of rape-root is proper to keep the patient in spirits; who ought to be bled immediately, and to have a tobacco clyster, repeated, if occasion requires.

A semicupium may be serviceable; and, in general, all remedies used in the colick.

Great success has been obtain'd from a cataplasm of cows-dung all over the body.

The caul and guts speedily taken out of living animals, and applied hot to the belly, have been also greatly serviceable.

This distemper is the consequence of an inflammation of the guts:

the symptoms of which an eminent physician thus describes:

A total stoppage of the passage; a vehement fix'd burning pain, irritated by things taken inwardly; when any thing touches the affected part, it excites vomiting, sharp griping pains, with wind in other parts of the bowels. The consequences of such an inflammation are an *ileus*, what is commonly called the *twisting of the guts*, but is really either a circumvolution or insertion of one part of the gut within the other. All these symptoms are attended with a fever.

It is of the utmost importance to know what the causes of *colicks* are; for as they are various, the remedies in one case are quite opposite and destructive in the other; for the spicy warm carminative things which are given in a colick, from a phlegmatick or cold cause, are poison in an *inflammatory* one. They may be distinguish'd by the fever, high pulse, thirst, and flame-colour'd urine attending the inflammation. As to the heat, tho' it is great likewise by the violence of the pain, the extremities grow cold; besides, there is a sudden prostration of the strength or weakness attending this colick, more than any other.

This disease admits of a speedy remedy, or none; for it ends in an *ileus*, and mortification of the bowels, very soon.

Besides a copious bleeding, there is hardly any other method but fermenting and relaxing the bowels by emollient tepid liquids, both taken by the mouth and by clysters, injected hourly; yet it has been known by experience, that acids have relieved in very desperate cases, as juice of lemons taken by the mouth, and

and vinegar and warm water given in clysters, have sav'd the patient: because of the incessant vomiting, opiates to quiet the convulsions are sometimes necessary.

Warm fomentations even of warm animals to the belly, are extremely beneficial.

If the inflammation happens to be in the lower guts, it is not so dangerous; and even when it suppurates, it admits of a cure, then it can be reach'd by proper medicines in the form of clysters; in the latter end of such a case, chalybeat waters are beneficial.

If the patient survives three days, and if the acuteness of the pain abates, and a chilliness or gruing affects the body, it betokens a suppuration, and in a few days the matter flows either into the cavity of the abdomen, producing all the symptoms which happen in the imposthumation of the liver, or into the cavity of the intestines, and causing a purulent bloody-flux, and often a consumption, sinus's, fistulas.

Whey and chalybeat waters drank plentifully are often beneficial in such a case.

The aliment ought to be of such things as generate little or no excrements, as broths of flesh-meat, with scorzonera, parsley, or fennel boil'd in them; goats whey is likewise excellent; fat and oily substances generally hurt.

The continuance of the fever, clammy sweats, paleness, an ichorose diarrhoea, foetid, black, or like the washings of flesh, a small intermitting pulse, and at last a total cessation of pain, are signs of a gangrene and approaching death.

If none of the foremention'd things happen, if the fever abates, and the patient complains of a weight, dull pain, and stoppage of the excrements, a schirrus is forming, which increaseth daily, and may end in a cancer, which purging, and indeed all medicines, irritate. In such a case the patient may protract a miserable life with an exact thin diet of whey, broths, and such things as produce no feces, or by alimentary clysters. See CANCER.

The famous Sydenham prescribes as follows in this distemper:

' Take resin of scammony, or
' resin of jalap, twelve grains; Tor-
' quet's calomel, one scruple: mix,
' and make a powder, to be taken
' in a spoonful of cow's milk, drink
' after it a spoonful or two of the
' same milk.'

As also this, after the operation of a purge is ended:

' Take strong cinamon-water, an
' ounce; liquid laudanum, twenty-
' five drops: mix them for a
' draught: repeat it two or three
' times a day, or oftener, till the vo-
' miting and purging be assuaged.'

V A P O U R S.

SEE *Feminine and Hypochondriack Disorders, Head-ach, &c.*

• V A R I.

See *Cutaneous Distempers.*

V E G E T A B L E S.

See *Aliment, Diet, Herbs, Venomous Bites, &c.*

V E N E.

VENEREAL DISTEMPERS.

WE would excuse ourselves from saying any thing upon this subject, were we only to consider the case of such as by criminal and guilty commerce, bring upon themselves the different maladies, that, to such, are the deserved consequences of their follies: but as there are several innocent persons yoked to vicious mates, who may stand in need not only of advice, but call for our compassion, we shall touch upon this subject, tho' at the same time, we shall do it briefly; as it is principally intended for such innocent, but unfortunate persons, as we have mention'd, who may suffer thro' modesty, and the shame they think it would bring upon them to apply to proper persons for the cure of their disorders.

We will first begin with the *simple gonorrhœa*, which may have no relation to the virulent one, and which may be brought upon a person merely by the force of violent exercise, strains, and the like: In this more innocent but troublesome flux, the first thing proper to be done is to bleed to a sufficient quantity, in order to calm the motion of the blood to the lower parts; and then the blood is to be cooled by proper emulsions: such are the following:

For a simple Gonorrhœa.

- Take the four large cold seeds, of each two drachms; sixteen blanch'd almonds; two pounds of barley-water, and beating them in a mortar, express the juice.
- Mix salt prunella, one drachm; syrup of marsh-mallows, two ounces, and make an emulsion; of which drink at pleasure.

• Take conserve of roses, an ounce and a half; spirit of vitriol, twenty

drops; dragon's-blood, one drachm; Japan-earth, one scruple; red coral, a drachm and an half; syrup of lemons, what is sufficient for an electuary: of which take the quantity of a nutmeg twice a day, drinking after it six spoonfuls of the following julep:

- Take plantain-water, eight ounces; cold cinamon-water, two ounces; spirit of vinegar, one ounce; sugar of lead, ten grains; syrup of coral, one ounce: mix.

And this will generally be sufficient to cure the innocent species of this malady.

For the rest, where the case is venereal, the reader is referr'd to the following prescriptions, as their circumstances may require.

For the Heat of Urine in a Gonorrhœa.

TAKE parsley-water, two ounces; gum Arabick, two drachms; salt-peter, half a drachm: make a solution, to which add spirit of turpentine, thirty drops: make a draught.

An Emulsion to be taken in a Gonorrhœa.

TAKE balsam of tolu, six drachms; boil in fine barley-water three pints to a quart; when it is cold, strain; and with sweet almonds blanch'd, six drachms; balm of gilead, sixteen drops: mix it with a sufficient quantity of white sugar, and drink it at pleasure.

For a Gonorrhœa.

TAKE balsam of capive, ten drops, (drop into sugar) take it with wine.

An Electuary for a Gonorrhœa.

TAKE powder of the root of jalap, four ounces; scammony and liquorice, of each two ounces; resin of jalap, half an ounce; salt of tartar, and oil of anise, of each two

drachms; Venice turpentine, a sufficient quantity to make an electuary: take an ounce every morning. It is a brisk purge.

A very effectual Injection for a Gonorrhœa, which heals the Ulcers, and stops the Gleetings.

TAKE of plantain and frogspawn-water, of each three ounces; white troches of rhasis, two drachms; sugar of lead, one drachm; honey of roses, one ounce: mix them together, and inject two or three times a day.

For a virulent Gonorrhœa.

TAKE Gereon's decoctions of fena, three ounces; syrup of buckthorn, bitter purging salt, of each half an ounce; cream of tartar, three drachms; sal prunellæ, two scruples; gum Arabick powder'd, two drachms: mix, and make a drink, to be taken in the morning.

Another.

TAKE lenitive electuary, two ounces; Ethiops mineral, one ounce and a half; powder of gum Arabick, half an ounce; cream of tartar, jalap, of each three drachms; balsam of Polychrest, two drachms; syrup of succory, with wild poppies, enough to make an electuary: take the bigness of a large nutmeg every other night and morning.

For the Venereal Disease.

TAKE raspings of guaiacum, one pound and a half; liquorice bruised, six ounces; rhubarb thin sliced, four ounces; salt of steel, three ounces; new well-wrought beer or ale, two quarts; salt of tartar, one ounce: mix, and digest in a gentle heat for ten days, shaking the glass twice a day; then let it settle four or five days; drain off the clear infusion, and keep it for use. Take one ounce and a half of it in four ounces of pure lime-water, morning, noon, and night.

A somewhat rough Emetick, by which the French Pox has been often cur'd.

TAKE good mercury sublimatè, and mithridate, or Venice-treacle, of each one ounce: mix them together, and put them into a quart of spring-water; set them in balneo to dissolve in a close vessel; and of this liquor well-settled, let the patient take about half a spoonful, or, if need be, a spoonful, but never above a spoonful and a half, in four ounces of small ale warm, fasting in the morning, and once in the afternoon or evening, the stomach being empty. Every second day intermit, and give a gentle purge.

Excellent Liquor to be used occasionally in Gleetings.

TAKE four ounces of spring-water, or plantain-water, and dissolve in it about one scruple of the sympathetick powder, or so much as will give it a sensible, yet but faint vitriol-like taste: and of this mixture inject as much as is usual, in a small syringe, every morning and evening, as long as need requires, directing the patient to retain the injected liquor as long as conveniently may be.

To make a good Powder for a Gonorrhœa.

TAKE of choice red coral, and of mastich, equal parts; reduce them separately to fine powder: mingle them very well, and of this mixture give about thirty or forty grains for one dose.

The famous Dr. Chicoyneau's new Method for curing the Venereal Disease without Salivation.

IT need not be said, says the communicator of this new method, what direful accidents daily happen to people by salivations, as the loss of teeth, of hearing, of a healthful constitution, and often even of life itself: and what makes this case still

still more deplorable, is, that it has been generally thought, that nothing but an high salivation is the proper and adequate cure for this distemper: but the learned Dr. *Chicoyneau*, an eminent French physician, has happily discovered and proved the contrary. His method, which is sometimes called, *The Montpellier Method*, and sometimes *The new French Method*, and which is attended with very little pain, and no danger at all, is as follows.

The doctor, according as he finds the patient's case to be, sometimes orders a little blood to be taken away, sometimes a gentle purge or two to be taken, but always makes him bathe five or six times, and always an hour each time; after which the whole operation consists in nothing more than rubbing his feet, legs, and arms, four, five, or six times, as the case requires, with a mercurial ointment, in such quantities, and at such proper intervals of time, that no high salivation may be raised thereby: sometimes, indeed, but not always, a gentle moderate spitting will ensue, nor is it possible, in some constitutions to prevent it; but then 'tis never carried high nor encouraged; 'tis neither troublesome nor dangerous. The patient during this time keeps his chamber, and observes a regular diet, and all he suffers is only a little feverish heat and restlessness sometimes for a day or two, when the operation is at the height.

After this manner only, without any further trouble or danger, does

Dr. *Chicoyneau* cure the most inveterate pox, with all its symptoms and attendants: 'tis therefore greatly to be wished, adds the communicator, that all our surgeon: and others who undertake the cure of this disease, could be prevailed on, out of regard to the ease and safety of mankind, wholly to lay aside the old pernicious way by salivation, and embrace this new and safe method.

There are some hundreds of gentlemen in England, that can, from their own experience, bear witness to the excellency and efficacy of it. I myself, says the gentleman, and three others that are now in company with me, have been all cured by it, two by Dr. *Chicoyneau* himself in France, and the other two here in London.

If any person is desirous to be further inform'd as to this practice, he may consult a book written by Dr. *Chicoyneau*, and translated into English by Dr. *Willoughby*, intituled, *The Practice of Salivation shewn to be of no Use or Efficacy in the Cure of the Venereal Disease, but greatly prejudicial to it, &c.* Or else a treatise published by Dr. *Didier*, one of the professors at Montpellier: or, lastly, a pamphlet lately published here, intituled, *A Letter from a Physician in London to his Friend in the Country, giving an Account of the Montpellier Practice in curing the Venereal disease, &c.*

See Colds, Ulcers, &c.

VENICE-TREACLE.

See Opium.

VENOMOUS BITES, POISONOUS PLANTS, &c.

IN the bite of a VIPER, the fat or oil of vipers proves an excellent remedy, if directly applied and

rubbed well into the wound, within a few minutes of the bite. But when the poison is got into the blood,

blood, neither this, nor any other external will do. If the constitution or symptoms indicate bleeding, that may be done; then anodynes, and medicines which provoke sweat, are proper.

An eminent physician advises the following method to draw out the poison, either from the bite of a viper, or a *mad dog*, &c. to bathe immediately with rectify'd spirit of wine; to apply a plaister of Venice-treacle; to scarify the part; or to apply cupping-glasses to it; or to burn the place with a hot iron: that the wound be kept constantly running for six or eight weeks, by proper dressings; that is, you may use the ointment or balsam just nam'd, and mix it with salt of tartar, to keep the wound open. The following is to be administer'd internally; viz.

- Take volatile salt of vipers, one drachm; castor of Russia, half a drachm, conserve of rosemary-flowers, two drachms; oil of cloves, ten drops; syrup of saffron, as much as is convenient to make a mass: divide it into four bolus's, and take one every fourth hour, drinking the following draught upon it:

- Take alexiterial milk-water, two ounces; aqua mirabilis, two drachms; volatile salt of hartshorn, three grains; Venice-treacle, one drachm: mix.

We shall be the shorter on the methods of cure that used to be prescribed by physicians for a viper's bite, because we have something more important and efficacious, and at the same time more simple and ready, to communicate.

Dr. Allen tells us, that a general preventative antidote hath yet never appeared, nor is it reasonable, says he, to suppose it ever will: but

had the doctor been to write again, and had known the following history, of a general preventative antidote lately found out, he would have altered his sentiments. With the greatest pleasure we transcribe this important discovery from the Philosophical transactions for the month of October, 1736.

Part of a Letter from William Burton, M. D. at Windsor, to C. Mortimer, R. S. Sec. concerning the Viper-catchers, and their Remedy for the Bite of a Viper.

S I R, Windsor, May 24, 1734.

THE bearers of this, William Oliver, and his wife, called upon me last week with their vipers, and either of them offered to be bit by any viper, and to suffer their arm to swell for some time; and then by the external application of a common cheap remedy, in a few hours to remove all the symptoms. The experiment was made last Wednesday in our town-hall, before Dr. Derham, F. R. S. Dr. Waterland, the physicians, apothecaries, and surgeons of this town, and many other gentlemen of this neighbourhood. He was bit in the upper joint of the thumb, and higher up on the same arm, by two different fresh vipers: his thumb, hand, and arm, soon after swelled much, and all the usual symptoms of a viper-bite followed; he applied the remedy [sallad oil] before us, with the promised success: but all the contributors engaged not to divulge the remedy * * *

Your's, &c.

WILLIAM BURTON.

A Narration of the Experiment made June 1, 1734, before several Members of the Royal Society, and others, on a Man, who suf-
fer'd

fer'd himself to be bit by a Viper, or common Adder; and on other Animals likewise bitten by the same, and other Vipers. Drawn up by Cromwell Mortimer, M. D. Secr. R. S.

William Oliver and his wife, from Bath, who follow the business of catching and selling vipers, offered themselves to be bit by any viper that should be procured, trusting to the virtue of a remedy they had lighted on by chance in trying variety of things, when the woman was once accidentally bitten, and the usual known medicines, even the oil of vipers, had no effect in assuaging her pains, especially of her breast of the same side as the hand in which she had received the wound. This remedy, which is only common oil of olives, and, from its use with sallad, is vulgarly known by the name of sallad-oil, recommends itself not only for its efficacy, but likewise on account of its being readily to be come at, when accidents happen, there being no town, or even gentleman's house in the country, where sallad-oil is not at hand; whereas the oil of vipers is never to be had, but at apothecaries, and not one in a hundred of them keep it by them.

On the first of June 1734, in the presence of a great number of persons, the said William Oliver was bit by an old black viper, or adder, brought by one of the company, upon the wrist and joint of the thumb of the right hand, so that drops of blood came of the wounds. He said that he immediately felt a violent pain and shooting from the wounds, both to the top of his thumb, and up his arm, even before the viper was loosen'd from his hand; soon after he felt a pain,

resembling that of burning, trickle up his arm; in a few minutes his eyes began to look red and fiery, and to water much: in less than half an hour, he perceived the venom seize his heart, with a pricking pain, which was attended with faintness and shortness of breath, whereupon he fell into violent cold sweats: in a few minutes after this, his belly began to swell, with great gripings, and pains in his back, which were attended with violent vomitings and purgings. He told me, that during the violence of these symptoms, his sight was gone twice for several minutes at a time, but that he could hear all the while. He said, that in his former experiments he had never deferr'd making use of his remedy longer than when he perceived the effects of the venom reaching his heart; but this time, being willing to satisfy the company thoroughly, and trusting to the speedy effects of the oil, which had never failed him, when used in time, he forbore to apply to any thing, till he found himself exceeding ill, and quite giddy.

About an hour and quarter after the first of his being bit, a chafing-dish of glowing charcoal was brought in, and his arm, the cloaths being stript off of it, was held over it as near as he could bear it, while his wife rubb'd in with her hand the sallad-oil, (which I had bought by the name of Lucca oil) turning his arm continually round, as if she would have roasted it over the coals: he said that the pain soon abated, but the swelling did not diminish much; most violent vomitings and purgings soon ensued, and his pulse became so low, and so often interrupted, that it was thought proper by the physicians present, to give him

him the following cordial draughts, at about a quarter of an hour's distance between each.

' 1. Take of water, milk, and piony, three ounces each; spirit of lavender, one drachm: mix enough for two draughts.'

' 2. Take of Sir *Walter Raleigh's* confection, half a drachm; treacle-water, half an ounce; spirit of hartshorn, ten drops: mix 'em, and make a draught.'

' 3. Take of Sir *Walter Raleigh's* confection, treacle of Andromache, each half a drachm; salt of hartshorn, five grains; treacle-water, two ounces, at two draughts.'

He said he was not sensible of any great relief from these cordials; but that a glass or two of olive-oil drank down, seem'd to give him some ease.

Continuing in this dangerous condition, he was put to bed as soon as one could be got ready for him, where his arm was again bathed with his remedy over a pan of charcoal set by the bed-side: but continuing to complain much of his back and belly, I advis'd his wife to rub them likewise with saliac-oil, heated in a ladle over the charcoal; which she did accordingly; whereupon he declared he found immediate ease, as tho' by some charm; and he had not above two or three reachings to vomit and stools afterwards, but made water plentifully, which was not discolour'd: then he soon fell into a sound sleep, only was often interrupted by persons coming to see and enquire after him, till near twelve o'clock, from which time he slept continually to five or six next morning, when he awaked, and found himself very well: but in the afternoon, on drinking some strong beer, so as to be almost fuddled, the swelling

returned, with much pain, and cold sweats; which abated soon, on bathing the arm as before, and wrapping it up in brown paper soak'd with oil.

Two pigeons were bit by the same viper immediately after the man: they soon sicken'd, and seem'd giddy. Nothing being apply'd, the one died in about an hour's time, the other half an hour after. The flesh of both was turn'd quite black, as if mortified; the blood was coagulated, and looked black.

On the third of June, the man's arm remained swelled, looked red, marbled with spots of yellow, but felt soft; and he had the perfect use of it, and even of his fingers, no pain or stiffness being left. He then caus'd a small spaniel dog to be bit on the nose by a fresh viper: some oil was immediately applied hot, and rubbed well in, till all the hair of his nose was thoroughly wet: the dog did not seem very uneasy; his nose only swell'd a little; he eat soon after; his nose was bathed once more that evening; he was found very well next morning; but his nose was bathed again, to make sure of his cure: he remained perfectly well without any symptoms ensuing, and was alive and well a year after. Another pigeon was likewise bit under the wing at the same time as the dog, but by a fresh viper; the oil was immediately applied hot, and rubbed well in, and the feathers of the wing were thoroughly wetted with it. This bird did not seem at all disorder'd with the venom, but eat soon after, and was found well the next morning, without any remarkable inflammation or swelling about the part. The hot oil was rubbed in again for two or three days, twice a day, and the bird continued well,

so

so that the viper-catchers carried it with them out of town in triumph, having never before experienced the efficacy of their remedy on so small an animal; which, as it receives the same quantity of venom by a bite as a larger one doth, is more liable to die under it: and they kept it alive above three months, when they killed it and eat it. They said that they had experienced their remedy to take effect on *cows, horses, and dogs*, ten hours after being bit; but that for themselves, who are frequently bit in the fields, as they catch the vipers, they always carry a phial of *sallad-oil* along with them, that, as soon as they perceive themselves wounded, they, without any loss of time, bathe the parts with it; and if it be the heel, they wet the stocken thoroughly with it; if the finger, which happens ofteneft, they pour some of it into that finger of their glove, which they immediately put on again, and thus never feel any farther inconvenience from the accident, not even so much as from the sting of a *common bee*. Perhaps it may be found of use for the bite of *rattle-snakes*, and other venomous animals; especially if we consider, that in the fields a man seldom or never receives more than one bite at a time, which doth not infect him with so much venom, as was instilled into the man's blood, when in these voluntary experiments he suffer'd himself to be bitten twice together; and had likewise been bitten three times but about a week or ten days before; some remains of which venom, it is highly reasonable to imagine, might still infect his blood at the time he repeated the experiments, so as to make a fresh quantity of the venom operate with greater violence upon his body, than if he had been

quite a fresh man, never infected with the like poison before, or at least at so great an interval of time, that his blood might have been entirely free from all remains of such an acrid infection. From these experiments is it not reasonable to imagine, that the oil by itself, may be as efficacious against the sting of a *scorpion*, as if *scorpions* were infused in it?

I should not have forbore so long, adds the doctor, imparting the knowledge of so useful a remedy to the publick, had not the poor people injoin'd every one present at the experiments, not to divulge what their remedy was, till they should give me leave to make it publick in these papers, which they have now done. The reason of their keeping it a secret, was the hopes of obtaining an handsome reward from generous and charitable people; but now, having lost all prospect of any considerable recompence, they were unwilling that the means of immediate relief to those, who should have the misfortune of being bit by an adder, should any longer be with-held from them; and they are desirous, that this their remedy against the bite of a viper, may be publickly known.

Thus far the *Philosophical Transactions*.

The bite of a *gnat, musketo, or bug*, if taken presently, may be cured by rubbing the part well with *roch-alum* dissolved in spittle or water.

The sting of a *hornet, bee, or wasp*, may be cured by sweet oil. Some extract the sting of the creature, by pressing the end of a key upon the part, so that the sting may rise into the hole or hollow of it. Honey and oil mix'd together, is commonly used; and some have

have found bruised bay-leaves effectual.

All bites of a *mad dog* are dangerous, but more or less, as they are more or less deep, the saliva more or less tainted, more or less infused, or the dog more or less enraged by heat, &c. The hydrophobia, or loathing of water, is commonly the forerunner of death, and comes but three or four days before it. Tho' the French history of the Academy of Sciences, gives us instances of persons cured even in this state, especially by bleeding even to fainting, immersions into salt water almost to drowning, and by salt water pour'd upon them till almost stifled.

Besides what we have mentioned above, we shall add, That physicians hold that the wound should immediately be enlarged, and cauterized with a hot iron; and then to apply proper digestives; or, where this is not permitted, cupping with scarification, as above said, to be used, provided unguentum *Ægyptiacum* be used for the dressing scalding hot.

But yet we are told, that the most powerful remedy hitherto supposed to be known, is frequent submersion in salt-water, before, or even after the symptoms appear, tho' it is thought most effectual at first. The patient ought to be plunged deep, and kept there almost to drowning. And this to be repeated several times.

The following is the famous remedy communicated by Dr. Mead, for this dreadful accident.

For the Bite of a mad Dog.

• Let the patient bleed at the arm nine or ten ounces: take of the herb called in Latin, *Lichen cinereus terrestris*, in English, ash-colour'd ground-liverwort, clean, dry'd, and powder'd, half an

• ounce; of black-pepper powder'd, two drachms: mix these well together, and divide the powder into four doses; one of which must be taken every morning fasting for four mornings successively, in half a pint of cow's-milk warm: after these four doses are taken, the patient must go into the cold bath, or a cold spring or river, every morning fasting for a month: he must be dipt all over, but not stay in (with his head above water) longer than half a minute, if the water be very cold. After this, he must go in three times a week for a fortnight longer. The lichen is a very common herb, and grows generally in sandy and barren soils all over England. The right time to gather it is in the months of October or November.

To this we shall add the following recipe, taken out of Cathorpe church in Lincolnshire, in which it was solemnly recorded, for the perpetual memory of the thing, that the whole town almost being bitten, not one person miscarried, but was cured, who took this method.

• Take the leaves of rue pick'd from the stalks, and bruised, six ounces; garlick pick'd from the stalks and bruised, Venice-treacle or mithridate, and scrapings of pewter, of each four ounces: boil all these over a slow fire in two quarts of ale till one pint is consumed; keep it in a bottle close stopped, and give of it nine spoonfuls warm to the person seven mornings successively, and six to a dog, to be given nine days after the bite; apply some of the ingredients to the part bitten.— Ten or twelve spoonfuls may be try'd for a horse or bullock; and from three to five for a sheep or hog.

We shall further add the following from the great Mr. Boyle; which he intitles

A Remedy by which many Dogs bitten by a mad Dog, have been all of them preserv'd from running mad.

Take three plants (*i. e.* roots and leaves) of that herb which is called rose-plantain, or by some star-plantain; and having chopt it small with a convenient quantity of butter, let the bitten dog take it the first day; the second day give him five plants ordered as before; and the next day seven.

We shall subjoin the following evident signs by which a mad dog may be known and avoided.

A mad dog is seemingly rapacious and thirsty, yet eats and drinks nothing; his eyes are fierce and flaming; he hangs down his ears, and thrusts out his tongue; froths much at the mouth, barks at his shadow; oftentimes runs along sad and anxious without barking at all; frequently pants for breath, as if tired with running; carries his tail bent inwards; runs without distinction against all he meets, with great fury, and bites; hurrying on in an hasty and uncertain course. Dogs that are well, are afraid and fly, both at the sight and barking of one that is mad. The first mad symptom in a dog, is an unusual trepidation or trembling.

The following was published in the publick papers Sept. 23, 1738. and we shall insert it verbatim; for this dreadful distemper cannot be too much guarded against.

A Receipt for the Bite of a mad Dog.

Take of native cinnabar, and factitious cinnabar, both ground to an exceeding fine powder, each twenty-four grains; of the strong-

est musk, sixteen grains: rub these together, till the musk is also become very fine, and give it all for a dose in a small tea-cup full of arrack or brandy, as soon as possible after the person is bit, and another dose thirty days after; but if the person has the symptoms of madness come on before he has had the medicine, he must take two doses in an hour and a half.

I shall not, says the communicator, enter into the merits of the medicine, or attempt to account for its effects, but only observe for the encouragement of every one to take it where there is no more than a suspicion of an infectious bite, that it is perfectly safe and innocent, as appears from a great number of persons to whom it has been given by way of preservative, none of which have felt any ill consequences from it, or been disorder'd since: the only visible effect it has, is, that of producing a considerable drowsiness, which in those who being already mad, have two doses given them within the time before-mentioned, is prolonged for several hours, and terminates in a perfect cure. I am,

Pall-Mall,

Sir,

March 2, Your humble Servant,

1737.

THOMAS ROBERTS.

P. S. As an occasion for giving the medicine may possibly happen among some people, who are at a loss to manage any difficulty, it may not be amiss to subjoin the manner of getting it down, when a person is become raving mad, and refuses to swallow any liquid, which is, that he must be held down on his back, and have his nostrils pinched close together, by which means the medicine may be forced down by

a little at a time out of a spoon, without any waste. See also balsamick tincture under *Wounds*.

A Decoction for the Bite of a mad Dog.

- Take rue, six ounces; garlick,
- London-treacle, of each four
- ounces; filings of tin, four ounces;
- clear ale, two quarts: boil away
- one half, and digest it a-while.
- Give the patient of the strain'd
- decoction six spoonfuls, twice a
- day, for nine days together; and
- apply the boil'd ingredients to the
- wound.

A Decoction against the Bite of a mad Dog.

- Take of the filings of tin, four
- ounces; the leaves of rue and
- scordium, (or for want of it of
- sage) each an ounce; the best ale,
- two quarts: boil them together
- till half the ale be evaporated;
- adding towards the end of the
- operation, two ounces of the root
- of garlick, bruised; and when
- just finished, an ounce of London-
- treacle; then strain off the liquor;
- and lastly, add two ounces of mi-
- thrigate-water. Give three ounces
- every morning, and four every
- night, for nine days.

As great Mischief have often attended the Mistake of several Roots, to ignorant People and Children, we shall add a few Words under this Head, on the Subject of poisonous Vegetables.

We shall begin with *hemlock*, which is a baneful poison, and the leaves have been sometimes gathered by a pernicious mistake instead of chervil or parsley, and eaten in fallads, as the roots have also been fatally taken for parsnips.

A person who has taken this deadly plant, must be immediately vomited, and ply'd with large draughts of warm water and oil,

or fat broths, and if necessary more violent emeticks, with fat and oily clysters: but purges, except very gentle ones, are to be avoided: when the poison is evacuated from the stomach and intestines, recourse must be had to generous wine and alexipharmicks, of which mithridate, treacle, &c. are good antidotes; as also cordial-waters, as confection of hyacinth, alkermes, bezoar-stone, bezoardick tincture, volatile salts, &c.

The *oenanthe*, or aquatick cicutæ, whose roots have been taken for young carrots, are also a pernicious poison: and Dr. *Allen* gives an history, which at the same time that it shews the deadly effects of this plant, points out the method of cure for it. It is to the following purpose:

Four children, he says, about three miles from his abode; viz. three brothers and a sister, from four to nine years of age, going from school, met with these roots by the side of a rivulet, which they dug up, and thinking them young carrots, fell greedily to eating of them, and when they came home they began to sicken, were taken speechless, and fell to the ground with dizziness, and were soon after seized with strong convulsions. Their father (for their mother was dead) was much amaz'd and confounded at the sad spectacle; but at last finding some of the roots in their pockets, he sent to Dr. *Allen* some of them, suspecting it to be poison. The doctor, finding what it was, ordered them a good deal of oil, with large and frequent draughts of warm water; and having pumped the stomach clean, he prescribed the bezoardick tincture only, indulging a little wine in their fainting fits; a dose of which for the eldest was

a spoonful and an half, and less quantities for the others, according to their ages, in a draught of ale; their diet mean-while being broth and milk-meats. Within twenty-four hours two were restor'd, tho' much weakened. The other two recover'd more slowly, the malignity being not discharged under five or six days; and they all did well at last; the doctor says, he ordered frequent clysters likewise to be injected, &c. Two years after this accident the doctor says, that this father of the four children had a pig dy'd foaming, and with convulsions, on eating the same root.

The bulbous root of the *crown imperial*, the *esula*, almost all the *tithimali*, or *sea-lettuces*, *euphorbium*, *hellebore*, *aconite*, are of the same deadly nature, and require pretty much the same care and conduct, as that we have mentioned. So is the *solanum*, or baneful *nightshade*, whose berries children sometimes eat under the name of *wild cherries*: as also is the *black henbane*. Likewise the *napellus* or *monk's-hood*.

And Dr. *Allen* aforesaid gives us the following account of his own case, in eating some *mushrooms*, which is as follows:

' Upon my once unwarily eating some of these vegetables, says he, a violent diarrhoea seized me, and a continued as well as painful inclination to go to stool, as well as desire of making water. Not being appriz'd of the occasion, nor sensible of any pain or sickness of stomach, I trusted to nature for relief; till on the third day, on the continuance and aggravation of my disorder, the mushrooms came into my head. Upon this recollection I chewed a dose of

' rhubarb, but it answer'd not the intention. The fourth day, finding my self worse, and my strength much impaired, a kind of giddiness also attending my weakness, not without a grievous excoriation of the anus, I took in the evening an infusion of *ipecacuanha* for an emetick, which gave me three or four motions; and going to bed a dose of the confectio *Fracastorii*, and was happily freed from all my disorder.'

Great hurt has also accrued to many in eating too plentifully of *cucumbers*, especially when hot.

Cantharides taken inwardly has most pernicious effects, which must be obviated by vomits, with warm water, or fat broths; oily clysters, drinking freely of milky messes, emulsions, and whatever is oily and mucilaginous. The *Lemnian earth*, and *camphire*, are also of excellent use in this case.

Powder of *adamant*, *crystal*, *glass*, &c. are also of terrible effect swallowed, lacerating or tearing the bowels.

Of minerals, *arsenick quick-silver*, outwardly and incautiously used, *precipitate* or *sublimate mercury*, *verdegris*, *aqua fortis*, *spirit of nitre*, *spirit* and *oil of vitriol*, are also of pernicious effects, and require equal care and conduct in the management.

Opium over-dosed is also pernicious; and *distilled spirituous liquors* of all sorts, frequently used, are slow, but certain poisons.

See *Rattle-snake Root*, *Wounds*.

VERTIGO.

See *Apoplexy*, *Epilepsy*, *Head-ach*, *Hypochondriack Disorders*, *Palsy*, &c.

ULCERS.

U L C E R S.

AN ulcer is defin'd by surgeons to be a solution of continuity, from a sharp humour, changing the nourishment of the part into corruption.

When it is of long standing, it is seldom cured without decoctions of the woods, antimonials, viperines, and volatiles. Among purgatives, extract of black hellebore, with sweet mercury, is the best; but vomits often repeated are preferred.

The sinus of an old ulcer must be enlarg'd with gentian-root, and the hardness consum'd with powder of burnt alum, mercury precipitate, juice of tobacco, &c.

The following is esteem'd a very good remedy towards restoring the flesh:

' Take of ointment of diapompholyx, and tutty, each one pugil;
' ointment of Roland's composition
' of sulphur, two pugils; a little oil
' of tobacco: mix 'em.'

The following is an experienced digestive:

' Take one ounce of Venice-turpentine; the yolk of one egg; six
' drachms of honey of roses; one
' drachm of oil of St. John's-wort:
' mix 'em, and make an ointment.'

Cataplasms of mucilage of fleabane seeds, quinces, flour, barley, saffron, yolks of eggs, &c. Ointment of poplar, the cooling ointment of Galen, &c. cool and ease the pain.

The following plaister is excellent in old ulcers:

' Take what quantity you please
' of quick-lime twice or thrice
' wash'd, and a little dried; a sufficient quantity of oleum lini; a
' little bole-ruber. to make it of a
' flesh-colour.'

As a promoter of the growth of

the flesh, there is hardly any better than the following:

' Take fresh butter not salted,
' and cer. citrin. each three pounds
' and an half; oil of the purest
' olives, four pounds; the best
' chimney-stone, beat very small,
' two pounds and an half: make a
' plaister.'

Sometimes a bone becomes rotten by an ulcer: in which case the powder of euphorbium is most approved; next to which is root of Florentine fleur-de-lys.

Sweet mercury is much commended, as is also camphire dissolved in a double quantity of spirit of nitre, and oil of cloves. The speediest and most successful of any medicine yet known is a decoction of walnut-leaves in water with a little sugar; wetting a cloth in it, and putting it on the ulcer every second and third day, till perfectly healed.

An experienced physician gives us the following observations on an inflammation of the lungs, and diaphragm, which frequently ending in an ulceration, we shall insert them under this head

Of an Inflammation of the Lungs.

Crude and tough chyle, viscous aliment, spices, but especially spirituous liquors, may occasion this inflammation. Too great an exercise of the lungs, so as to occasion a short and laborious breathing, or keeping them too long upon the stretch by vociferation, or loud singing, may produce the same effect. There are coagulating poisons which affect the lungs very suddenly: extreme violent passions, by affecting the motion of the heart, may do the same. Inflammations are sometimes translated from other parts

parts to the lungs; a pleurisy easily passeth into peripneumony. The avoiding those causes is the best rule of diet to prevent the disease; besides, speedy and plentiful letting of blood before it has quite taken place.

This disease is often cur'd by the critical resolution, concoction, and evacuation of the morbidick matter, which is either attenuated so as to be return'd into the channels, and to go on in the common thread of circulation, or expectorated by coughing. One of the best resolvents is the blood of the wild goat.

Copious bleeding is the most effectual remedy in the beginning of the disease; but when the expectoration goes on successfully, not so proper, because it sometimes suppresses it, and in that case sudorificks thicken the matter that is expectorated.

From the symptoms in this stage of the disease, and the use of the lungs, it is evident the aliment ought to be more slender and thin than in any other inflammatory disease whatsoever, common whey being sufficient to preserve the strength of the patient; watery liquors, and even the steam of warm water taken in by the breath, attenuates the impacted matter. Relaxing aliment, of which barley, and all its preparations, are the best.

In this state, diureticks, which have not much acrimony in them, are proper, for fluxes of urine relieve the lungs; for this intention, an infusion of fenel-roots in warm water, with milk, is good, both as nourishment and drink.

If nature relieves by a diarrhoea, without sinking the strength of the patient, it is not to be stoppt, but promoted gently by emollient clysters.

Decoction of cichory, lettuce, as being anodyne and resolvent, are proper.

If the patient is not reliev'd, nor dies in eight days, the inflammation ends in a suppuration and an abscess in the lungs, and sometimes in some other part of the body; the symptoms of which are, an obstinate dry cough, increas'd by motion and eating; the easiest posture in lying being upon the affected side; a continual lent-fever, with rigors invading with uncertain periods; exacerbations after motion and repast, thirst, night-sweats, a frothy urine, paleness, leanness, weakness.

In such a case one must forbear letting of blood. The diet must be mild, soft, inkrassating, and more plentiful; tepid vapours admitted into the lungs, of decoctions of proper ingredients; and when by the symptoms and time the imposthume may be judg'd to be ripe, the vapour of vinegar itself, and any thing which creates a cough, as oxymel, or vinegar and honey, exercise and concussion, are proper; the sooner it is broke, the less danger to the lungs.

Tho' such a state is extremely dangerous, it is not quite desperate; the aliment ought to be milk; the drink, milk, and barley-water, and such substances as are expectorating and cleansing, with gentle anodynes, that the patient may have some rest.

The principal intention in every state of inflammation of the lungs, is to promote expectoration, and to restore it when it is lost.

If the inflammation ends in a gangrene, the case is desperate; if in a schirrus, incurable.

There is a spurious sort of a peripneumony, not inflammatory. When

When the vessels are obstructed with a viscous pituite that mixes with the blood, and invades in cold weather, it is dangerous, and often suffocates; this case is incident to weak and old people. In this, some of the methods used in the inflammatory are proper, but not to bleed so copiously, clysters frequently injected; aliment more generous; and for drink, broths, and jellies with juice of lemon, hydromel, or honey and water. Soft oils, and aliments which abound with a soft, not volatile oil, are beneficial.

A *Peripneumony* is the last fatal symptom of every disease, because no body dies without a stagnation of the blood in the lungs; for as long as it circulates thro' the lungs, it will circulate thro' the rest of the body.

Inflammation of the Diaphragm.

The symptoms of this disease (which is often mistaken) are a violent fever, a most exquisite pain increas'd upon inspiration; by which it is distinguish'd from a pleurisy, in which the greatest pain is in expiration.

This pain is increas'd by sickness, vomiting, repletion of the stomach, or any compression of the muscles of the abdomen. The breathing is extremely quick, suffocating, and seems to be perform'd only by the motion of the breast: it is likewise attended with a delirium, fury, and an involuntary laughter.

This disease terminates as pleurisy and peripneumonies, but is generally fatal if it ripens, and the pus is evacuated into the lower belly, where it produces putrefaction, and a most miserable and painful death.

The regimen, if any can be successful, ought to be the same as in *Pleurisy*; which see.

The following recipes have been all well experienced, in difficult kinds and states of ulcers.

A cheap, but excellent Medicine for Ulcers.

TAKE one one drachm at least of corrosive sublimate, finely powder'd; dissolve it in a quart of fair water, and let it lie there, if you have leisure, four or five days, (in a light digestion) that it may be thoroughly dissolved; then drop in it as much spirit of sal armoniack, or as much oil of tartar, per deliquium, as will precipitate it all; then filtre it carefully, and keep it stopp'd for use, which is to imbibe dossils or pledgets with it, and apply them to the ulcer twice or thrice a day.

Honey of Roses, and its Virtues, used as a Gargarism, Lotion, or Injection in Ulcerations and other Foulnesses.

TAKE of dried red rose-buds, six ounces; pour upon them boiling spring-water, two pints and an half: let them infuse for a night; then pour the strained liquor made hot, upon the same quantity of red rose-buds; let them infuse as before; afterwards strain off the liquor, and add thereto its weight of clarified honey, and boil it to the consistence of a syrup. After this manner it may be made at any time of the year.

To digest an Ulcer.

TAKE oil of olive, two ounces; yellow wax, half an ounce; frankincense, mastich, of each a drachm; one yolk of an egg; butter, what suffices: mix, and apply.

To digest a Carbuncle, or an inveterate Ulcer.

TAKE basilicon, half an ounce; Venice-turpentine, two drachms; Venice-treacle, one drachm; and a little

little crown soap: mix, and make an ointment.

An Ointment to stop Gangrenes, and heal Ulcers in the Mouth.

TAKE verdigris, reduced to fine powder, two ounces and an half; honey, seven ounces; sharp vinegar, three ounces and an half: boil them together over a gentle fire, to a proper consistence, and of a reddish colour. It effectually prevents corruption, and separates dead from the sound flesh, and heals putrid ulcers.

The Ointment of five Ingredients, good to cool, dry, repel and heal Ulcers, &c.

TAKE hogs-lard, two pounds; ceruse, half a pound; lead steep'd in vinegar for three days, and afterwards dried and reduced to fine powder, pompholyx, each three ounces; frankincense, two ounces: mix them together according to art, into an ointment.

An Ointment to cleanse Ulcers, and to consume proud Flesh.

TAKE resin, a pound; yellow wax, half a pound; oil of olive, a quart; verdigris, three drachms: mix them together for an ointment.

The Ointment of Arcaus, good to ripen, digest, cleanse, and incarnate or fill up Ulcers, &c.

TAKE of gum elemi, and Venice-turpentine, each nine ounces; old sheeps-suet purified, a pound; hogs-lard, six ounces: make the whole into an ointment. It is an excellent ointment, and hardly ever fails in the purposes above set forth.

A Balsam for an old Ulcer.

TAKE linseed oil, and oil of turpentine, of each one pint; verdigris, half an ounce: mix, and boil them a little, and keep it for use. Take a little on a piece of lint, and apply it, (the part being anointed

therewith) and then stick a proper plaister over it. It is an excellent thing for all sorts of putrifying sores, old ulcers, fistula's, and gunshot wounds.

A Plaister for all Sorts of Ulcers and Wounds.

TAKE balsam of sulphur, three ounces; wax, half an ounce; colophony, three drachms: melt them, and add best myrrh in fine powder, three ounces and an half: boil them, and keep for use. Spread it on leather, and apply.

To make a Plaister which cures Corns, and heals old sores and Ulcers.

TAKE oil of olives, ten ounces; bees-wax, four ounces; litharge of gold, litharge of silver, and cerus, of each four ounces; myrrh, four drachms: first put in the oil and wax; then the litharge, constantly stirring it: when it is boiled to a brownish colour, take it off the fire, and put to it myrrh and Venice-turpentine, four ounces; stir it well together, and pour it into a pail of water, and work it up: when you use it for your corns, first cut them close without fetching of blood, and then lay on a plaister of this to it, keeping it on four days, then renewing it, and five or six plaisters will entirely root out the corns.

A Lime-water for Ulcers and Dropsy.

TAKE of quick-lime, sixteen ounces; spring-water, a gallon: stir them well together; afterwards let it stand to settle, and strain off the clear.

A red Water for Ulcers.

TAKE of bole-armoniack, white vitriol, roch-alum, aloes, camphire, each half an ounce; reduce them to powder, and with two quarts of lime-water, boil them in an earthen vessel for an hour; then removing it from the fire, suffer the liquor to grow cold, and let fall

fall its sediment, and then decant it into a glass bottle.

See Phthisick, Tongue, Wounds, &c.

V O M I C A.

See Emphyema.

V O M I T I N G.

THIS is to be consider'd under a two-fold head; that is to say, as a distemper, which ought to be stop't; or as a relief to pump up morbidick matter from the stomach. The first shews itself too plainly to need description, and is sometimes very dangerous: the second is often indicated by a nausea or loathing, which generally should be brought to a vomiting; and the following in this case is very proper:

- Take fifteen grains of ipecacuanha powder; balsamick syrup, as much as will make a bolus, which take, and wash your stomach well with warm water; and vomit freely. Or,
- Take two ounces of oxymel of squills all at once; or take half an ounce at a time till you have taken the two ounces, in a glass of warm water.

If a vomit be taken that even works well, you must expect to be somewhat uneasy after it; but in case of great uneasiness, so as that the belly and stomach be sore, or hard and swelled, and rest be disturbed, 'tis good to study quiet, and take some cordial opiate to recruit the spirits, and quell all the uneasinesses rais'd; and such constitutions ought to take vomits as seldom as may be.

But for such as find some relief by a vomit, but yet are not quite recover'd, they should take another as soon as they can bear it; for one vomit properly given, and where requir'd, is more efficacious than ten purges.

Phlegm, as an eminent physician observes, often lodges on the coats

of the stomach, nay, in the interstices of its membranous fibres, where it soaks in, and the shock the stomach suffers by a vomit, cannot fail of squeezing out of it all this matter; and then 'tis brought to a good tone by some good bitters. *See Stomach.*

In general, all vomiting (not to an excessive degree) is beneficial. Observe to keep the body as open as possible. In order to stop it, use marmalade, syrup and tincture of coral; especially juice of quinces, spirit of mint, salt of wormwood, with juice of lemons, &c. Outwardly apply decoction of wormwood and mint, bark of pomegranates, flower of red roses, boil'd in red wine. A small bag of saffron applied to the stomach, or a cataplasim of leaven, and aromattick powders, are convenient. Decoction of Fracastorius, electuary of ginger, stomachick julep, mixture of coral, stomachick mixture, are to be made use of.

When a person has taken too strong a vomit, give him a spoonful of spirit of wine, and it will stop the disorder instantly.

All vomiting of blood is dangerous. The remedies are juice of nettle, seeds of henbane, carechu, blood-stone, with gentle acids, or quince-juice. Sometimes matter is discharged by vomiting.

For the other case of excessive vomiting, the following prescriptions are of a try'd and efficacious nature.

For excessive Vomiting.

TAKE strong cinamon-water, syrup of lemons, each half an ounce;

ounce; salt of wormwood, one scruple; oil of nutmegs and cloves, each one drop; liquid laudanum, twenty drops: mix.

This is an approv'd, most useful, and seldom failing remedy. In a bilious colick, with enormous vomiting, and pertinacious costiveness, we may add powdered rhubarb, half a drachm, or more; and repeat it till it makes its way by purging.

A speedy Remedy for Fits of Vomiting.

GRATE off one half of a large nutmeg, and toast the flat side of the other till the oily part begins to sweat out; then clap it to the pit of the patient's stomach as hot as can be endur'd, and keep it on whilst it continues warm, and then, if need be, put on another. This is recommended by the famous Mr. Boyle.

To stop a Vomiting.

TAKE lemon-juice, half an ounce; salt of wormwood, a scruple;

a little white sugar: mix, and make a draught, to be repeated two or three times a day.

Another.

TAKE lemon-juice, two ounces; salt of wormwood, one drachm; strong cinamon-water, black cherry-water, of each one ounce; white sugar, enough to sweeten it. Take two spoonfuls after every vomit.

To stop Vomiting, and strengthen the Stomach.

TAKE spearmint, barley, cinamon-waters, of each three ounces; plague-water, two ounces; salt of wormwood, a drachm; lemon-juice, one ounce; three leaves of gold; confectiion of hyacinth, two drachms; syrup of red poppies, an ounce and a half: mix, and give four spoonfuls every four hours, shaking the phyal.

See *Evacuations, Fever, Stomach, &c.*

Observations on URINE.

THE urine of hard drinkers, and feverish persons, affords a liquor extremely fetid, but no inflammable spirit: what is inflammable stays in the blood, and affects the brain. Great drinkers commonly die apoplectick.

Very certain indications for the choice of diet may be taken from the state of urine. Tho' the salts of human urine be neither acid nor alkaline, these salts may by the violent motion of the blood be turn'd alkaline, and even corrosive; and when they begin to turn so, they affect the small and tender fibres of the brain more sensibly than other parts.

The heat of a human body, as it grows more intense, makes the urine smell still more strong, and of a deeper colour. But as long as those alkaline salts are carry'd off by urine, the brain and nerves are less affected; but on the contrary, when in a fever these salts are left behind, that is, when the urine turns pale, the patient is in danger.

It seems probable, that alkaline salts, taken into a human body, have the power of turning its benign salts into fiery and volatile; on which account they seem improper in inflammatory distempers, where the salts are already too much attenuated. See *Stone, &c.*

R

UVULA.

U V U L A.

THE distemper attending this part, is term'd *The Falling-down of the Palate*; which when tumefied, threatens a suffocation. It is sometimes so sudden as to require immediately the use of the knife, in order to discharge the watery humours, and prevent the danger of strangling. The evacuations should universally be the same as in a catarrh. This disorder is equally uncommon and dangerous. One of the best medicines for a relaxed palate is hempseed boil'd in a little posset-drink for a gargarism. The following medicines are to be applied according to the advice of a skilful physician:

decoction of catechu, decoction of setfoil-root with a little sal armoniack and crude alum, gargarism for the uvula, pulvis uvularis.

For the relaxation of the uvula, Mr. Boyle says, the following common medicine is found very successful:

' The throat being first gargled
' with claret, in which a little roch-
' alum has been dissolved, as hot as
' it can well be endured, then anoint
' it with this: Take honey, one
' ounce; powder of elecampane,
' two drachms; pepper in powder,
' half a drachm: mix them, and
' apply it thrice a day with your
' finger.'

W A R T S.

SEE Tumours.

WATCHFULNESS.

See Fever, Sleep, &c.

W A T E R.

In what Cases Water is proper, as a Diluent.

WATER dilutes, but at the same time relaxes: this last quality is taken off by mixing some acid juice with it. Water mixt with acids resists the heat and alkalescent state of the fluids: as long as there is thirst, a quick pulse, driness, with a free passage by urine, and stricture of the vessels, so long is water safely taken.

How few are there who understand or consider the excellent virtues of WATER, which is an element of a mild and cleansing nature and operation, friendly unto all things, and of universal use! and has no other fault to hinder its being constantly drank, as the usual beverage, but its being so common: for men little consider, that providence has been so graciously kind to all its

creatures, that as well in this, as in every other thing useful to the life of man and beast, the most wholesome things are the most common, and the most easy to be procured.

All good housewives know, that no sort of liquor, be it what it will, will cleanse and sweeten their brewing and other vessels, but only water; all other liquors leaving a sour stinking quality behind them, which will quickly cause putrefaction: but water in its own nature is clean and pure for all uses in housewifery, and the preservation of health; and too much cannot be said in its praise, and to the glory of God, who has dispensed so great a blessing, thro' the habitable earth, in such abundant plenty!

Dr. Short, in his *Rational Discourse of the inward Uses of Water*, observes, " That it is no rarity, to
" find

" find among the Highlanders of
 " Scotland, people of eighty, ninety,
 " yea one hundred years old, as
 " healthy, as strong and nimble, as
 " drinkers of strong liquors are at
 " thirty-six or forty years of age.

" He further observes, what great
 " success, victories and valiant at-
 " chievements, a pitiful and def-
 " picable people have attained over
 " other nations, while they were
 " temperate; but when they have
 " taken themselves to swill down
 " strong liquors, how have they

" suddenly become the prey and
 " contempt of such as they for-
 " merly had trodden down. They
 " conquer'd people, and over-ran
 " nations, till their armies began to
 " drink strong liquors, and then
 " they neither could conquer, nor
 " defend what they had brought
 " under their yoke."

See *Spirituons Liquors*, *Tempe-
 rance*, &c. Also *Sudorificks*,
Teeth.

WEAKNESS.

See *Fever*, &c.

W H I T L O E.

THIS is a benign kind of the
 paronychia; it is easily
 brought to a head, and as easily
 heal'd upon its discharge of a white
 matter.

The following is a try'd medicine
 for it:

' Take house-snails and beat them,
 ' shells and all, in a stone or wooden

' mortar, so long till they be re-
 ' duc'd to the consistence of a cata-
 ' plasm; which apply somewhat
 ' warm to the part affected, and
 ' keep it on for sixteen or twenty-
 ' four hours, renewing it then, if
 ' need be.'

See *Felon*.

W O R M S.

THE following letter was writ-
 ten by a publick-spirited phy-
 sician, lately deceased, to his friend,
 and contains several useful hints in
 relation to the worm-distemper;
 for which reason we shall insert it
 here as a supplement to what we
 have said under the head of *Childrens
 Distempers*.

I here send you, says this gen-
 tleman, the recipe of a remedy for
 the worms, which breed in human
 bodies, and with which vast num-
 bers of people, of all ages and both
 sexes, are afflicted, and some of
 them very severely, especially chil-
 dren and other young persons, of
 whom abundance are carried off
 yearly, by being thrown thereby
 into *convulsions*, *epileptick fits*, *vo-
 mitings*, *loosenesses*, *white* or *green-
 sickness*, and other disorders, which

had been judged to have proceeded
 from from other causes, when the
 occasion thereof was worms: and
 do assure you it is a remedy which
 I have for many years experienced
 in my practice, and never, to my
 remembrance, but with success,
 where it has been taken, as it was
 directed: but as there is such a va-
 riety of disorders, proceeding from
 those intestine animals, representing
 other diseases, I shall, for the in-
 formation of such as may little ima-
 gine their malady to be occasion'd
 from worms, when it seems plain
 to themselves and their physicians,
 that it is this or that *other* disease,
 first set down some of the many
 signs and symptoms of worms.

There are divers sorts of worms
 that breed in the body, and take up
 their residence either in the sto-
 mach

mach or bowels, and sometimes near the sphincter ani or fundament, and do often knit themselves together, and appear like a bag of worms, and are supposed to be bred from the ova or eggs of those animals, swallowed down with the food, and encouraged and fed by viscidities in the passages; and according as they have placed themselves in the body, the symptoms and complaints are different both in kind and degree: in some, occasioning looseness; in others, costiveness, or frequent but ineffectual motions to go to stool. In some they cause a foetid or stinking breath, which is a shrewd sign of worms; as is also an hard or inflated belly, especially in children, with a voracious appetite, an almost continual thirst, feverishness by fits, and an intermitting pulse, and glowing cheeks. In some a heaviness or pain in the head, startings in sleep, with frightful terrifying dreams. In some a sleepiness, representing a lethargy. In others a *nausea*, or loathing of food, with or without motions to vomit. A pain and weight, with a gnawing in the stomach, gripings and rumblings in the bowels, like the colick. In children, a dry cough, and oftentimes screaming fits, and convulsions, with white lips and white urine; and in both old and young, a weaken'd or lost appetite, giddiness in the head, paleness of countenance, with faintings, and cold sweats of a sudden, indigestions, abatement of the strength, and falling away of flesh, as if dropping into a consumption, with many other symptoms, but these the chief, which ever more or less, some or other of them, always affect, where worms are the cause; and for remedy of which, the following re-

ceipt may be depended on, and is very innocent as well as powerful and effectual, as every one, when they read what it is, will believe; and when they try it, will find.

The Receipt is this:

• Take tops of carduus, tops of
• centaury, Roman-wormiwood, and
• flowers of chamomile, (all of
• them dried, and of the latest year's
• growth that you use them in) of
• each a small handful: cut the
• herbs small, but not the flowers,
• and put them, with an ounce of
• worm-seed, bruised small, into an
• earthen-jar, or pickling pot, and
• pour upon them a quart of spring-
• water, cold; stir all about, and
• then tie the pot over with a dou-
• ble paper, and let it stand forty-
• eight hours, opening and stirring
• it about five or six times in that
• space. At the end of the forty-
• eight hours, strain it through a
• cloth, squeezing the herbs as dry
• as you can, which sling away, and
• of the liquor, give to a child
• from two to four or five years
• old, half a spoonful, more or less,
• mixt with a quarter of a spoon-
• ful of oil of beech-nuts, every
• morning, upon an empty stomach,
• and to fast for about an hour after
• it; and also the same dose about
• four or five in the afternoon, every
• day for a week or ten days toge-
• ther, by which time, if the case
• be worms, and you make but ob-
• servation, you will find them come
• away either dead or alive. Elder
• children must take more, in pro-
• portion to their ages, and grown
• persons, from three or four to six
• or eight spoonfuls, or more, with
• always half the quantity of the
• said oil mixt with each dose, and
• it will keep the body soluble, and
• sometimes a little loose.

This medicine, says the commu-
nicative

nicative physician, has cured in sup-
posed incurable cases, where it has
proved at last to be from worms,
when neither the physician or pa-
tient have before thought it to be
so. But if it be not worms, it can-
not hurt, but may cure in cases si-
milar to worms, especially where
the stomach and bowels are disor-
der'd.

The beech-nut oil, continues he,
may be had at most oil-shops; and
the reason that that oil, before any
others, is advised, is, that it has a
property, as has been often tried, of
killing worms of itself, when olive-
oil and oil of almonds would not
do it: and as a confirmation of it,
Dr. *Baglivi*, physician to the pope,
says, in his book of experiments
upon live worms from human bo-
dies, that he put worms into divers
liquors, which were reputed effica-
cious for killing them, but did not
under a great many hours; and that
towards night he put others into
oil of sweet almonds, and found
them alive the next morning: then,
after many other experiments, he
put one into oil of nuts, where it
died presently. And *Malpighi*, an-
other noted physicians, says, that of
all common oils, oil of nuts is the
best against worms; and that at
Milan mothers have a custom to
give their little children, once or
twice a week, toasts dipped in oil
of nuts, to kill the worms; and
to grown people some spoonfuls of
it fasting: and many other authors
say the same, particularly Dr. *Ni-
cholas Andry*, of the faculty of phy-
sick at Paris, in his treatise of
worms, who says, that if you dip
a pencil in oil of nuts, and anoint
the bodies of live worms that any
one voids, tho' you never touch
their heads, they will presently grow
motionless and die, beyond recovery.

The reason he gives that they die
so suddenly, when anointed, is, be-
cause they breathe only by the means
of certain little wind-pipes that run
thro' their bodies, so that if you
stop up those pipes with nut-oil,
which hinders the commerce of
the air, (for the parts of oil of al-
monds are more porous than nut-
oil, and consequently less able to
hinder the entrance of the air into
the worms) of necessity the crea-
tures must die for want of respira-
tion, tho' neither the head, nor any
other part where the pipes are not,
be anointed. This is so true, says
Malpighi, that if you put nut-oil
upon a worm in any other part but
where the pipes are, tho' the head
be not spared, yet the worm will
live, and have its natural motion;
and if you put the oil upon some
of the pipes only, you shall see the
parts where those pipes are, be-
come immoveable: but if you put
it, says he, upon all the trachea's,
or pipes, the whole worm becomes
motionless, and dies in an instant.
And I do assure the publick, that
the same has been many times
tried, and found both by myself and
others, that no other oil whatever
will do what this will; and the
late Dr. *Radcliffe*, in many of his
prescriptions I have seen, ordered
that oil, preferable to all others,
where he had any reason to suspect
the patient had worms, and in one
very remarkable case of a young
lady of thirteen, who was at death's-
door, with the green-sickness, as
suppos'd, and who by the use of
this very oil, and such bitters as he
believed the case then indicated,
once or twice a day repeated, was
cured perfectly, upon her voiding
clusters of small worms, for several
days together, some of which were
inclos'd, in a cistis or bag.

This, adds the generous communicator, I was willing to observe, that people may be sure to get the oil of nuts, and not any other oil. And we shall only add, that the importance of the matter, will be a sufficient excuse for our having taken up so much room in this one recipe.

The following approved recipes may conclude what we have to say under this article.

A Medicine in Request against the Worms in Children.

INFUSE one drachm of clean quick-silver all night, in about two ounces of the water of goats-rue, distill'd the common way in a cold still; and afterwards strain and filtre it, to sever it from all dregs that may happen in the making it. This quantity is given for one dose.

A Powder for the Worms.

TAKE powder of coralline, and Ethiops mineral, of each fifteen grains; saffron, two grains: make into a powder for one dose, and give it every morning and evening, in a little common treacle.

A Poultice against the Worms.

TAKE Venice-treacle, half an ounce; worm-seed powder'd, two drachms; hepatick aloes, one drachm, or oil of wormwood, twenty drops; and honey, enough to make a poultice, and apply it to the belly, which, if it be hard swelled, will be loosen'd and shrink, and the worms will be expell'd.

W O U N D S.

ON this important subject, we shall give the prescriptions only of such learned and experienced gentlemen, as have written chiefly with a view to medicines and remedies easily to be come at in exigencies, where skilful help was not always at hand, and who had also

A bitter Draught for Worms.

TAKE elixir proprietatis, made with salt of tartar, twenty drops; alexiterial milk-water, two ounces; epidemick-water, worm-wood compound, of each one drachm: mix, and make a draught, to be taken in the morning.

A Foment for the Worms.

TAKE round birth-wort roots, one ounce; common worm-wood dry'd, lavender cotton, tansy, tops of savine, of each one handful; bears-foot, half an handful; coloquintida, aloes, each one drachm: make a decoction in water three pints to one quart, and strain.

It is not unusual, says a learned friend, for worms to creep into the plicæ or folds of the intestines, and lie and lurk there so closely and securely, as to elude the force, not only of altering, but purging medicines also, which slip by, and never touch them at all. In this case, externals (and this fomentation especially) are exceeding useful to disturb and drive them out of their dens into the open ways of the intestines, where purgers finding them, may kill and expel them by stool.

Let it be used to the region of the abdomen, with flanel stupes hot, before purging.

See *Childrens Distempers.*

a view to direct young practisers, who might not always be improved by the knowledge of great cases, which oftener occur in large towns, than in villages, and little country places.

Wounds are got three different ways, namely by cuts, by puncture or pricking,

pricking, or by *gun-shot*, all which are cur'd in the same manner, tho' the accidents attending them are different.

A common wound is to be cur'd by the following prescription, and to be kept close cover'd from the air.

Take Lucatellus's balsam, one ounce; basilicon, an ounce and an half; balsam of Peru, one drachm: mix, and make a balsam, of which spread a little upon cotton or tow, and lay it next the wound; over this, and over the dressings apply a diachylon plaister, then lay on a linen bolster folded four double, and tie all on with a bandage. If the wound run much, do this twice a day.

When the lips of the wound begin to fall, and there is no swelling round it, to this balsam may be added, a little powder of burnt hartshorn, two drachms, and dress with it, till the wound begins to heal up.

This is the general method proper to be observed in common wounds that are attended with no difficult appearances: but it will be proper to obviate some of the usual accidents that attend upon them.

And, first, in case of an *Inflammation*,] Take marsh-mallow leaves, one handful; centaury-tops, half an handful; line-seeds, and fenugreek-seeds, of each half an ounce; onions roasted under embers: boil these in water, and make a fomentation; to which add rectify'd spirit of wine, four ounces; bathe the inflammation of the wound, covering the lips of it all the while, with this morning and evening, and dress the wound as above.

In case of a *Flux*, or *bleeding of a fleshy Matter*,] A compress must

be laid upon the part, and it must be tied up; or, if the vessel can be come at, it must be sew'd up; or a little round ball of cotton or lint dipt in aqua fortis, may be apply'd; or a mixture of whites of eggs, dragon's-blood, bole armoniack, and hare's hair cut small, may be fixed over all. But if a great vessel be cut quite thro', a napkin must be ty'd round the part above the wound, twisted hard with a stick to hinder the flowing of the blood till a surgeon can be had to cut off the limb; dressing all the while the wound as above.

For a *Pain in the Wound*,] Take red poppy-heads and flowers, an handful; leaves of pellitory of the wall, half an handful; seeds of fenugreek, an ounce: boil these in milk, and make a fomentation, wherewith bathe for half an hour, morning and evening, dressing the wound as above.

For *proud or fungous Flesh*,] Take powder of blue vitriol, one grain; and the above balsam, as much as will serve for a dressing: mix, and eat the proud flesh quite away with it: or rub the blue vitriol stone over it, and dress as above.

The accidents that attend *pun-
dur'd wounds* are many and dangerous, and to be cur'd as follows:

If any extraneous body be left in the wounds, it must be drawn out, if it can possibly be done without tearing the nerves or tendons, or occasioning hæmorrhages; and when this is done, let the wound be dress'd as above. In case of a *flux* which wastes the patient, give a dose or two of rhubarb; also shell-powders, white decoction, and astringents; all the while dressing the wound as above: purgings hinder digesting, and do great hurt in wounds,

wounds, making them look pale, and even liable to mortify.

Contusions attending Wounds.] Are generally breaches of the vessels, and are to be treated as directed under the head of *Bruises*, and the wound to be dress'd as usual. If the contusion be so great, that the blood is effus'd or spilt into any cavity, incision must be made, and the blood taken out, and the wound dress'd with the balsam above mentioned.

Wounds on Tendons and Nerves,] Are very dangerous, and become more grievous under an unskilful hand, and so many symptoms are to be obviated, that the patient sinks before they can be answer'd. The pain being very acute in this case, and an inflammation pressing, these two symptoms must be alleviated; which is principally done by bleeding plentifully, which cools the blood, lessens its motion, and prevents further mischief. As for the applications, they must be of a warm and soft nature, and such as are called nervous remedies. For the wounded tendon, rub the part over with the following liniment:

- Take oil of worms, fox and
- human fat, of each an ounce;
- juice of worms, half an ounce:
- mix.

The following is a choice secret in wounds of this kind, which, our author observes, is not known to many.

- Take the scoriz of antimony,
- prepar'd with fix'd salt; water,
- as much as is sufficient: infuse
- them together; filtre and evapo-
- rate the water; then take of this
- salt of antimony, one ounce; oils
- of juniper, aniseeds, and mint, of
- each two ounces; spirit of wine,
- one ounce: mix all together, and
- digest in a sand furnace for twelve

- hours, in a retort of glass; per-
- haps one ounce will evaporate in-
- to the receiver; the remainder is
- a thick red balsam, of an agree-
- able taste, which being anointed
- on green wounds, heals them pre-
- sently.

If a tendon be punctur'd, it must be consider'd whether it be a blind or an open puncture: if the former, to make way for the medicines, and to make a passage for the collected matter, the skin must be cut to the tendon, taking care it be not touch'd with the knife; and then the above topicks are to be apply'd. An open puncture, if need be, must be dilated enough, and the wound kept wide open, and drying remedies apply'd; as turpentine, gum elemi, opo-balsam, balsam of Peru, balsam capivi,; oils of lavender, of turpentine, spirit of wine, and such like: for in wounds of the nerves and tendons, ointments raise obstructions, and an inflammation follows their use. Turpentine, or its oil, apply'd warm, are excellent in this case, which may be thus prepared:

- Take oil of turpentine, one
- ounce; spirit of wine, one drachm;
- camphire, half a drachm: digest
- these together, and drop this mix-
- ture warm upon the place.' This
- oil is so esteem'd by all surgeons, that it has been us'd alone in this case. The way of applying these remedies, is by dipping a cotton pledgit into the oil made hot, and apply'd to the bare place, and the following is a very good topick for the same purposes.

- Take oil of turpentine, and St.
- John's-wort, of each six drachms;
- spirit of wine, an ounce and an
- half; euphorbium, one drachm;
- digest.' Or,
- Take turpentine, one ounce;
- oil of wax, two drachms; one
- yolk

• yolk of an egg; honey skumm'd,
• half an ounce: mix, and make an
• ointment.' Or,

• Take green tops of St. John's-
• wort, one handful; common oil,
• six pints: mix these together, and
• digest them; then add turpentine,
• one pound; earth-worms pow-
• der'd, three ounces; saffron, one
• drachm: mix, and make a lini-
• ment, to be apply'd warm.' Or,

• Take elder-flowers, one handful;
• oil of turpentine, one pound: in-
• fuse them, digest and strain out
• the oil for use.

By such remedies as these is the wound to be healed till the pain ceases, and the other symptoms abate. The pain and inflammation are in the mean while to be greatly regarded. In the pain the following prescription is beneficial:

• Take of crumbs of wheaten-
• bread, half a pound; flour of
• marsh-mallow roots, one ounce
• and an half; flowers of chamo-
• mile and dill, of each an handful
• and an half; one yolk of an egg:
• boil all in a sufficient quantity of
• milk to the consistence of an
• hasty-pudden, and apply it.'

The tendon being cur'd, the wound must be clos'd up. The following is a good farcotick for this purpose:

• Take oil of roses, two ounces;
• oil of turpentine, three drachms;
• juice of plantain, half an ounce;
• seeds of St. John's-wort bruised,
• half an handful; tutty prepar'd,
• three drachms; lime ten times
• wash'd with plantain-water, two
• drachms; antimony in powder,
• one drachm; fat of goats, five
• drachms; fat of veal, four drachms;
• earth-worms wash'd with wine,
• one ounce and an half: boil all to-
• gether (except the tutty) in bar-
• ley water and wine, till both be

• consum'd; strain them, and put
• them on the fire again: add the
• tutty, and with wax and saffron,
• of each a drachm: mix, and make
• a liniment, which is commended
• by *Vigo*, as excellent in the case.'

But if so happy a conclusion cannot be obtained, and the patient should grow worse, partly from the violence of the symptoms, partly from a gangrene, and partly from a wasting of the flesh, it becomes then necessary to preserve life at the expence of the motion of a part, and to cut the tendon quite asunder; tho' if the patient be solicitous to preserve motion, the tendon may be sew'd together, by passing a needle thro' it on each side with a wax'd thread, and the ligature must have a small bolster under it dress'd with oil of turpentine, spirit of wine, and oil of St. John's-wort.

If the tendon should putrify, it is to be cut, and the corrupted part taken out; mean while cataplasms are to be apply'd to appease the pain, and promote suppuration; and as soon as the corrupted tendon offers, it is to be cut away; which will prevent all opportunities for the creeping on of an ulcer.

The union of tendons is greatly promoted by the following powder:

• Take serpents skins cast off,
• and crabs-eyes powder'd, of each
• one drachm: mix, and sprinkle
• this powder upon the wounded
• nerves or tendons.'

The next thing to be regarded is the *symptoms*, the chief of which is the *sinovia*, or flux of a starchy matter from the wound, mention'd p. 263, which is dangerous, and must be stopp'd; but yet with caution; for if this matter be curb'd too much, putrefaction will begin, and even the bones themselves will be corrupted.

corrupted. Both internals and externals are therefore convenient to be try'd to free the body of deprav'd humours, and consume their quantity; that is to say, sweating medicines and purges are to be taken inwardly; and bleeding by leeches, the cupping-glasses, &c. is to be outwardly used, to abate the inflammation, and prevent the flux of lymph proceeding from these causes.

As soon as the wound flows sparingly, sprinkle upon it this powder, which will dry up the starchy juice.

Take powder of oyster-shells, one ounce; skink bones; jaw of a pike calcin'd, of each two drachms; burnt ivory, seal'd earth, of each a drachm and an half; alum, one scruple: mix.

Proud Flesh] Is another very common symptom in curing these wounds; and most surgeons now confine themselves to the powder of red precipitate only, which sprinkled upon it, eats it away, dressing up with proper unguents above it.

A Gangrene] Also comes sometimes upon these wounds, and is an exceeding bad sign. The following internal medicines are recommended in this case; viz. Venice-treacle, diascordium, spirit of salt armoniack, bezoardick tincture, tinctures of myrrh, saffron, and spirit of wine camphorated: outwardly, tinctures of aloes, myrrh, and camphire, apply'd upon double cloths; and if these things fail of their desir'd effects, a sphacelation or mortification happens. One excellent remedy is the following:

Take quick-lime, half an ounce; mercurius dulcis, two drachms; spirit of wine, four or six ounces:

mix, and apply it on the part, renewing it often in a day; first scarifying the part, that the medicine may penetrate.

Scarification must be very deep till the blood comes, if the parts be dead, and the patient feel pain. Some praise wormwood boiled in well-water, and the following poultice is much extolled:

Take rue, scordium, sage, of each an handful and an half; wormwood-tops, centaury the lesser, melilot-flowers, lavender-flowers, of each one pugil: gently boil these in small spirits, to which add bean-flour, as much as will make a poultice; a little camphorated spirit of wine; and a little Venice-treacle: mix, and apply it warm.

As often as the surgeon dresses, he ought to take a little of the dead part away with a lancet, or with basilicon, and to the second part apply the following defensation; viz.

Take sealed earth, bole armoniack, of each half an ounce; hartshorn prepared, one drachm; camphire, one scruple; vinegar of roses, one ounce; oil of roses, three ounces; one white of an egg: mix, and make a poultice, and apply it.

You may anoint round the mortify'd part, butter of antimony, which will hinder the gangrene from creeping any farther: but if the gangrene be small, the best of all is an actual cautery, because that will take it away presently.

Sometimes where the gangrene proceeds from too great a tension or stretching by an inflammation that has preceded, it is necessary to have recourse to cupping or leeches, which will take off the immediate cause of this tension; and if this be done

done in convenient time, 'tis odds but an impending gangrene may be prevented.

For this reason, as well as from the nature of the case, a skilful person ought to be apply'd to in a beginning gangrene. The patient ought to be comforted with cordials now and then in this heavy circumstance; and the following, called the *Fulep of Life*, is very proper.

Take sherry, or any comfortable wine, a pint; milk-water, half a pint; one yolk of an egg; twenty drops of chymical oil of nutmegs dissolv'd in sugar: mix, and give a glass often in day, as the spirits require.

The bark has of late been given internally with great success in a mortification or gangrene; for which see *Mortifications*.

In Wounds of the Veins and Arteries.] The patient may be treated in the beginning with a cooling regimen, in order to stop the hæmorrhage; as a glass of spring-water with a little sal prunellæ, now and then; as also cooling emulsions, opiates, &c. if there should be occasion. Proper externals must likewise be apply'd to the part, in order to stop the bleeding, which proceeding on'y from the capillaries, or smaller branches of the veins and arteries, the common astringents need only be added to the dressings generally apply'd for the cure of the wound. If the larger vessels are cut, pellets of lint moisten'd with oxycrate, and rolled either in white or Roman vitriol may be applied to the mouths of the wounds, and over them the common styptick, covering all with a plaister of deminium, or the like. But when these gentler means will not take effect, an actual cautery may be used,

Gun-shot Wounds of the Joints.]

The tents made use of should not be long: warm embrocations are serviceable, and anodyne or emollient mixtures of oil of turpentine, castor, scorpion, liniment. Arcæi, balsam of Peru, and the like, may be dropt into the place; or in general these wounds may be treated as those of the tendons and nerves above mentioned. 'Tis commonly remark'd of wounds, but especially those of gun-shot, that the dressing them with spirituous tinctures, and cramming them full of large tents, is of bad consequence, and often induces a hardness or inflammation, prevents digestion, and causes a gangrene; and therefore tho' the wound should sometimes appear black, as is not uncommon in gun-shot wounds, instead of such spirituous detergents, mild digestives, or anodyneliniments, may be more advantageously used, omitting all kinds of irritating ingredients. The adjacent parts may also be embrocated with oil of roses mix'd up with the white of an egg and vinegar; a defensive plaister being applied all over the part to prevent a flux of humours. This kind of wound generally affords an eschar, which may be separated with a warm dressing of liniment. Arcæi, ointment of basilicon, oil of white lilies, &c.

Wounds in the Head.] If these are attended with confusion, it may be proper to shave the adjoining parts. Some make use only of warm wine, oil, vinegar or oxycrate, to embrocate them, or rub in. If the wound be recent, simple, and made by a sharp instrument, it may be immediately stitched up, and cover'd with emplastr. de minio; and this method is sometimes successful, even tho' the skull itself be cut; provided no ill symptoms indicate a contrary method.

Wounds

Wounds in the Face] Are generally cured with the assistance of a suture of the dry kind, that is made with small pieces of linen cloth spread with a sticking salve indented like a saw, so that the teeth may fall between each other, and the whole row be closed; but when they are attended with bad symptoms, the common method is to be chosen.

Wounds of the Eyes] Must not be treated with oily medicines, except to the external parts. If a bandage be requir'd, it should be extended to both eyes, by reason of the common motion thereof. In case of a tumefaction or contusion, cataplasms, mucilages, and collyriums, are to be used as the case demands.

The nature of this work does not require, that we should more particularly treat of the several accidents and misfortunes that fall under this head of *Wounds*; since those of a more internal nature, as the brain, the stomach, intestines, &c. as also most fractures, amputations, &c. call for the assistance of the skilful practitioner, who being master in the art of surgery, wants not any other prescriptions, than those which his practice, experience, and the known rules of his art administer: but thus much we have thought necessary to say with regard to the most general and usual cases, tho' some of them are above the common management, to give an idea of the method of cure which ought to be observed, and which will direct the benevolent and charitable in the suitable methods of proceeding, in particular exigencies, and on sudden occasions, till proper help can be got. And still farther to answer this good intention, it may not be amiss to add the following recipes in general cases, which are recommended by good autho-

rity, and have been often try'd with success.

To make a simple, but excellent Balsam to stanch the Blood of fresh Wounds newly made, and to heal them speedily.

TAKE good Venice-turpentine; and in a limbeck, or some other convenient vessel, distil off a good part of it with a very moderate fire, till there remains a thick substance, yet not like colophony, but of a liquid and balsamick consistence. What you have distill'd off set aside for other uses, for the remaining substance is what we now seek for, and is to be apply'd as a balsam both by itself, and with plagets and other helps.

A most excellent Balsam for any green Wound.

TAKE oil of St. John's-wort, and Venice-turpentine, of each a like quantity; set them over the fire in a gentle heat, half an hour, or less, that they may incorporate: then put them up, and keep it for use, as one of the best of balsams.

A quick Remedy for a fresh Wound.

LET the patient speedily plunge the hurt part into brandy, and keep it there for a while, till the pain, which will be excited, be extinguished, or much abated: or if the part be unfit for this operation, the liquor may be apply'd to it immediately with a soft sponge.

A simple, but powerful Remedy for fresh Wounds.

TAKE the juice of celandine, and dress with it recent wounds and cuts, instead of a balsam.

An easy, but effectual Method to stop bleeding in Wounds, and check some other Hemorrhages.

STREW upon the part the powder of clear resin beaten very small.

Sennertus's

Sennertus's Advice in Wounds of the Thorax or Breast.

THIS author tells us, that if upon a wound received into the cavity of the thorax, the blood flows not out, but remains in the breast, the patient should hold a grain or two of musk in his mouth; and that, saith he, will cause the blood to run out, and this some keep as a secret.

Dr. Fuller says, he has observed sometimes, that where foetids have been very disagreeable, there perfumes were grateful and beneficial, and have brought strength, vigour, and composedness.

A balsamick Tincture good against Wounds, Cancers, Bite of a mad Dog, &c.

TAKE balsam of Peru, one ounce; storax in tears, two ounces; Benjamin, three ounces; aloe succotrine, myrrh elect, olibanum in tears, roots of angelica, flowers of St. John's-wort, of each half an ounce: all these drugs must be finely powder'd, and put into one quart of rectify'd spirit of wine: it is to be made by a sand heat, or in a place of a constant heat, after having stop't it very close, and tied the bottle down with leather, and if it is not very clear with once straining, it must be strain'd a second time; then put in the balsam of Peru, and shake it well together.

The Virtue.

No part can be cut or torn, but it heals it by anointing it with a feather: or dip some lint into it, and put it on the wound; then wet a rag with it, and lay over it. It must be apply'd once in twelve hours, when the sore is very bad; and always use it cold, when the wound has been dress'd with other things: it must be wash'd with warm white-wine, or warm milk,

before you use this balsam. It cures cancers, cankers, swellings, corruptions, fistula's, in any part, tho' never so old; the bites of any venomous beast, especially mad dogs; it cures the tooth-ach, being put on cotton; it cures the piles, anointing them going to bed.

To take it inwardly.

Ten drops in claret, or sometimes in brandy, for the colick; six drops taken in a little chicken broth, are good in the spotted fever; as much in a looseness or bloody-flux, taken in broth or wine. The drops may be increased to thirty or forty, and fifty.

To take out the Marks of Gun-powder, shot into the Skin or Face.

TAKE fresh cow-dung; and having warm'd it a little, apply it as a thin poultice to the part affected, renewing it from time to time, as occasion shall require.

We shall only add to this article the following directions as to the regimen to be prescribed to wounded persons.

If the patient be plethorick or full of blood, or if the symptoms induce an inflammation, a slender regimen is to be observed. But if the cure has been long protracted, and the patient brought low, or if he had been accusom'd to live freely, the moderate use of flesh and wine must be indulged him. If upon the cure of any large wound the patient should be left phthisical, or if the cure should be attended with great difficulty, a milk diet, with a course of the testaceous powders, may be of considerable service. In wounds of the jugulars, a slender diet should be ordered, and a regular observance of the non-naturals. The regimen in other cases, not mention'd here, will be best prescribed by the skilful practitioner, according

according to the nature of the case; but we shall however add what an excellent physician has advised on this occasion.

The aliment, says he, of such as have fresh wounds, ought to be mild, that is, without stimulating or saline substances, of easy digestion, of such sort as keeps the humours from putrefaction, and renders them oily and balsamick.

When a suppuration is to be promoted, the aliment ought to be more copious and warm, because such induces a putrefaction.

When a sore is healing, the patient is in some measure in the case of an infant that is growing, whose aliment ought to be such as lengthens

the fibres without rupture, for it is by such an elongation of the fibres that sores heal; and indeed the chirurgion ought to vary the diet of his patient as he finds the fibres lengthen too much, are too flaccid and produce fungus's, or as they harden and produce callosities; in the first case wine and spirituous liquors are useful, in the last hurtful.

Women in child-bed are in the case of persons wounded.

For poison'd wounds, or such as proceed from the bites of venomous creatures, see *Venomous Bites*.

See also *Bruises, Hemorrhages, Ulcers, &c.*

SUPPLEMENT.

SINCE the foregoing sheets were put to press, the following RECEIPTS have been generously communicated to us, by two beneficent ladies, from well experienc'd and family collections, which have enabled the communicators to do great good to their friends and neighbours; and one of the ladies, in her letter to the editor, observes, that it is in order to diffuse still more generally the benefit arising

from these salutary prescriptions that she communicates them cheerfully to the publick: "For it is my opinion, says she, that to conceal any thing which may be of use to the world, is not only mean, and narrow-spirited, but even irreligious." We shall insert them in the same alphabetical order and method, we have observed in the preceding sheets, and begin with

A G U E. [See p. 12.]

An experienc'd Receipt for an Ague.

BEAT a head of garlick in a wooden dish; then beat some red sealing-wax to a fine powder, and mix it together; spread it on a square piece of leather; and when you find the ague-fit begin to come, lay it on the veins on both wrists, and keep 'em on for nine days without washing your hands.

An Electuary for the same.

TAKE conserve of the flowers of wood-sorrel, conserve of the flowers of marigolds and of betony, of each an ounce; Venice-treacle, and alkermes without musk, of each a drachm; powder of cinque-foil, commonly call'd five-leav'd grass, and cochineal in powder, of each four scruples; tartar vitriolated, two scruples; with syrup of dry'd roses, an ounce: let it be made into a moist opiate: let the quantity of a nutmeg of the said electuary be taken in the morning, and an hour

before the fit's coming, on a knife point. Drink after it a draught of cinque-foil and carduus-poffet blood-warm; which continue till a cure is attained.

A Plaister for the same.

TAKE olibanum in powder, a drachm; white amber prepar'd, two scruples; mastich in powder, a drachm; Venice-turpentine, a drachm; common turpentine, two ounces; bitter almonds, in number four, powder'd, which make into a plaister to be spread upon leather; and put it to the wrists, so that both ends of the leather may touch; and leave it there nine days without washing the hands.

Excellent for an Ague.

WHEN toad's spawn is in a jelly, and the blacks no bigger than pins heads, distil that jelly in a cold still, and not too near; then take five spoonfuls of this water, and fix of red rose-water; mingle it together,

ther, and let the party drink it about an hour before the fit, and lay to the wrists plaisters of turpentine and frankincense melted together: when this is done, let the party go to bed, and be sure to be in a sweat, when the fit is come: if you please, lay red herrings sliced, and the bones taken out, to the soles of the feet: let it be apply'd at once: if it cure not the first time, take it the second; if not then, do it the third, when it seldom fails.

Another which hath done very great Cures.

TAKE Venice turpentine, and olibanum, of each an ounce; of smallage, and rue, each one handful: pound the herbs, mix all together, and lay it to the wrists, an hour before the fit comes.

ASTHMA.

[See p. 22.]

For an Asthma.

TAKE a quart of spring-water; put to it two spoonfuls of cuttings; three cloves of garlick: boil it till it comes to a pint; eat it in the morning instead of water-gruel.

BALSAMS.

Lucatellus's Balsam.

TAKE three pints of fallad-oil; one pound of Venice-turpentine; one pint of sack; half a pint of rose-water; red saunders the best, an ounce; bees-wax, half a pound: beat the sack and fallad-oil very well with a spoon in a bason: in another bason beat the rose-water and turpentine, till the turpentine be white: after the wax is slic'd, put it into a large skillet: when 'tis melted, put in the oil and sack, then the turpentine and rose-water, stirring it over a gentle fire, till you seeth the

Another.

TAKE the best soap; put as much white chalk to it, as will make it into a thick paste; spread the paste upon leather, and lay a plaister of it on each wrist, three hours before the fit, the breadth of your thumb below the bending: let them lie on, till they are dry, and fall off.

Another.

A Plaister of white bergamot-pitch, laid upon the stomach, has often cured an ague and intermitting fever.

For an Ague, or intermitting Fever.

TAKE five-leav'd grass in July; dry it in the sun, when you use it; powder and sift it; take as much as will lie on a shilling half an hour before the fit, for three fits, in a spoonful of white-wine; drink a little wine after it. Take a vomit before you use it.

Another.

TAKE a spoonful of virgin-honey, and as much rose powder'd and sifted, as will lie on a six-pence: mix 'em together, and take one spoonful in a morning, fasting an hour after it: do the like at night, a little before bed-time, fasting as before.

water well; then put in your saunders, and let it boil till it be well-colour'd; after which strain it thro' a thin cloth, and keep it for use.

Its Virtue.

'Tis good to heal any wound; if deep, squirt it in warm; if not, only apply some to it with fine lint or linen, anointing also the parts thereabouts: it not only takes away the pain, but also keeps it from inflammation, and draws forth all broken bones, or any thing else which might putrefy or fester it; so that if the brain, heart, guts or liver,

liver be not hurt, it will heal it in four or five times dressing, without any other application. It heals any burning or scalding, and any bruise, being first anointed therewith; and a piece of cloth or lint, being dipt therein warm, heals without scar. It helps the head-ach, anointing the temples, and dressing therewith. 'Tis good against the wind-colick, or stitch in the side, apply'd thereto warm with hot cloths four mornings together, and every morning taking a quarter of an ounce. 'Tis good against poisons, and helps surfeits, taking an ounce of it in a little sack. Warm'd, it helps the biting of mad dogs, or any other beast. 'Tis good against the plague, anointing only the nostrils and lips therewith in the morning before the patient goes forth. It also heals fistula's and ulcers, be they ever so deep in any part of the body. 'Tis also good against the worms and measles, taking a quarter of an ounce in the morning, four mornings together, sweating upon it. It helps digestion, if the stomach and navel be anointed therewith at bed-time. It also presently stays bleeding, applying it with lint, and tying it hard.

Another Sort of Lucatellus's Balsam.

TAKE half a pound of bees-wax, and melt it in a kettle; then put to it three pints of oil of olives, and one of sack: let it boil together, and keep it stirring a whole quarter of an hour; then take it off, and put into it a pint of Venice-turpentine, well wash'd in red rose-water; boil it again so much longer; afterwards put into it two ounces of red saunders; then boil it all together, till the skum be all boil'd in; then strain, and put it in a pot for your use: this is good for bruises, scalds, &c.

The Friers, or universal Balsam.

TAKE balsam of Peru, one ounce; storax calamita, two ounces; finest Benjamin, three ounces; aloe succotrina, myrrh, electuary, purest frankincense, of each one ounce; roots of angelica, flowers of St. John's-wort, of each two ounces: beat these very fine, and put them (all but the balsam of Peru) in a bottle with a pint of doubly rectify'd spirit of wine; set it in the sun all the dog-days, stopped very close; then strain it off, and put in the balsam of Peru. Fill up the bottle with fresh spirits, after the first is strain'd off, and it will serve for all common uses. For the colick or pain in the stomach, twenty drops in loaf-sugar; 'tis also of excellent use for any inward bleedings; but the most common use of it is for all green wounds: if the part wounded continue bleeding, take fine lint, dip in the balsam, and make a bandage over it.

Monsieur de Ponedan's Liquid Balsam, excellent.

TAKE of dry balsam of Peru, one ounce; drop-storax, two ounces; the finest Benjamin, three ounces; succotrine aloe, the best of myrrh, male frankincense, angelica-root, flowers of St. John's-wort, of each half an ounce: infuse the ingredients first sliced, and grossly pounded, into a quart of rectify'd wine; stop the bottle very close, and set it in the sun during the dog-days, or in any moderate heat, shaking the bottle often, till the spirit of wine is as strongly tinctur'd as possible with the ingredients: then decant the clear liquor, running it thro' a fine linen; keep it close stopp'd for use in small bottles; and when at any time you open a bottle; stop it immediately, it losing much of its virtue by standing open: if no dry bal-

sam of Peru be to be got, the liquid will serve, the first being what naturally distils out of the Peruvian plant by incision; the latter being a decoction of the leaves and under-branches of the same plant. Dropstorax, or storax calamita, is extremely preferable to the liquid-storax, and only to be used. The roundish clear pieces of frankincense, of a yellowish-white colour, are to be chosen. The virtues are: It cures in eight days all curable wounds made with a sword, or fire-arms; as also all manner of cuts or hurts, where the skin is broken, provided the sore be dress'd with this balsam, either applying it with a feather, or else injecting with a small syringe, if the wound be deep, five or six times. It causes no supuration or matter, which most other remedies do. It is prodigiously painful, when first apply'd; but the anguish ceases in less than a minute. If other remedies have been used before the balsam, wash the wound very well with warm wine; this balsam will have its effect, but not so speedily: in wounds or hurts which are not very deep, after you have apply'd at the first this balsam, with a feather, five or six times, or till no further considerable pain is felt, upon a fresh application, dip a fine linen rag, or a fine lint, in warm spirit of wine, and lay it upon the wound: upon that lay a larger linen rag, three or four times double, dipp'd in the same spirit of wine, and a binder over all. If no spirit of wine be to be had, use any warm wine, Hungary-water, or any thing of that nature. When you come to dress it again, do not pull off your lint, or undermost rag; but only wet it thoroughly with the balsam, and put on the uppermost linen, well dipp'd as before, conti-

nuing this, at first, twice in twenty-four hours, afterwards once, till the undermost rag comes off of itself, which it will do, as soon as the wound is heal'd under it. The reason why the lint is best on, is because the glewiness of the balsam makes it stick so close (when dry'd) to the wound, that 'tis impossible to pull it off without great pain, and scarce without breaking the new and tender skin growing over the wound. In deep wounds the rag or lint must be taken off as long as 'tis necessary to apply the balsam by way of syringe; which that you may do with more ease, soak it well first with warm spirit of wine. For my part, (in deep wounds especially) I should be afraid of this remedy, lest it should, by its great glewiness, close the orifice, the bottom yet unheal'd. It cures all ulcers, even cancers and cankers. 'Tis a certain remedy for the bite of a mad dog, and other venomous creatures; and for all sorts of fistula's, in all places, tho' of never so long standing. 'Tis very good in the gout, applying it at bed-time. It cures bruises and defluxions, by bathing the part. A little, apply'd with a feather, cures sore eyes. It prevents the small-pox from pitting, every pustle, as it comes out, being anointed with it; this drying them up without permitting them to turn to matter, which occasions the mark (a dangerous experiment!). 'Tis of admirable use in the colick, taken in wine. 'Tis of service in the purples, taken in small broth, or other proper liquor, as also in the same, (if accompany'd with a fever) if not in wine. It clears the stomach, and restores lost appetite. 'Tis of great service in all sorts of fluxes of the belly, either bloody or other, taken in wine, broth, or
other

other vehicle or liquor; the dose from ten to forty drops or more, according to the age or strength of the patient. Nothing is equal to it for a horse which is hurt with a nail in shoeing: if a drop or two be immediately put into the hole from whence the nail was drawn, it cures instantly. Observe in general, that the balsam is never to be warm'd, but always apply'd and used cold; and if mixt with broth, it must be

taken as soon as dropp'd in; as also, that when outwardly apply'd, no kind of plaister or tent must be used. The best way is, to steep the flowers of St. John's-wort, and the angelica-root, first in the spirits; and then strain them out, and put in the other ingredients. Rectify'd sack is the best sort of spirit.

BLEEDINGS.

See *Hæmorrhages*.

BREAST. [See p. 30.]

To dry redundant Milk in a Woman's Breasts.

TAKE white bees-wax, oil of sweet almonds, a little sper-

ma ceti, one-spoonful of the right red rose-water; boil it to a plaister, spread it on new dowlas.

See *Cancer*.

BRUISES, or STRAINS. [See p. 32.]

A green Oil, to be made in June.

TAKE rosemary-tops, green sage, lavender-tops, feverfew, chamomile, bawm, southernwood, betony, red rose-buds, of each of these one handful; of wormwood, half a handful: let 'em all be chopped small, and put into two quarts of good oil; and let it stand fourteen days, stirring it three or four times a week; then boil it softly, till the herbs be dry. It is good for bruises, taken inwardly in two or three spoonfuls of warm sack or ale: let the patient take it three times at first, as soon as may be after the accident; at night going to rest, and the next morning. Outwardly, anoint the bruised part with a feather, and put a piece of flanel upon the place. This oil is also excellent for strains: it was given to a man, after he had lain extremely ill for a fortnight from a violent strain in his body by lifting: he took it two or three times, and recover'd. It is also good to anoint any strain in the hand or foot, and old aches and

pains; but must not be used in the gout.

For an inward Bruise.

BOIL half a handful of southernwood in a pint of cyder posset-drink; pour it upon a sea-coal cinder red-hot; then strain it off, and drink it for nine mornings together. This has seldom fail'd of success, tho' taken many years after the misfortune.

An Ointment for any Ach, Pain, or Bruise.

TAKE two pints of neats-foot oil; half a pint of Muscadine or Canary; the leaves and seeds of agrimony, stripp'd of the stalks, and slic'd small; two handfuls of lavender so done: put them all into a pipkin well pasted, and bake it with household-bread; after which strain it. 'Tis to be done twice or thrice, adding each time the like quantity of wine and herbs to the oil. Anoint the parts affected twice a day, rubbing them very well before the fire.

For a Bruise or Fall.

AN OINT the place with oil of mastich, if you have not present opportunity to bleed, which you must do as soon as possible, taking about five or six ounces from the arm; and afterwards anoint the place with the oil of St. John's-wort twice a day, and apply the

following sparradrap: Take of white wax, four ounces; sperma ceti, two ounces; galbanum strained, one ounce: let it be all dissolv'd, and then dip in a linen cloth into it, and apply it to the place; or for want of a sparradrap, apply a plaister of flower of ointments. You must bleed the same side the bruise happens.

BURN S.

[See p. 34.]

Lady Adams's Receipt of a Cerecloth for a Burn or Scald.

TAKE a quarter of a pint of juice of housleek, and a large handful of the inward bark of elder; put it into a quart of the best oil, and let it gently boil, 'till the goodness of the bark is out; then strain it, and set it on the fire again; put in four ounces of white-lead finely beaten and sifted: stir in the white-lead by degrees over a gentle fire, till it comes to a brown colour; afterwards put in of litharge of gold, two ounces, finely powder'd and sifted: let it boil a little; then put in an ounce of myrrh, finely powder'd and sifted; stir it well in, till 'tis incorporated well with the other ingredients; after which dip the cloth in it, and put it into cold water; then smooth them on a wet board, roll a quantity together, and over it lay a paper: put it into a gally-pot, and cover it; stir in two wax candles of six in the pound.

An Ointment for a Burn or Scald.

TAKE a good handful of the inner rind of elder; a good handful of fern-roots; half an handful of goats-trickles: pound them all together very well; then put them into two quarts of cold cream; let them boil gently, till it comes to a fine green oil.

For a Burn or Scald.

BEES-wax and oil mixt at first thin, and rubb'd over it with a feather; afterwards made just thick enough to spread and lay on as a plaister.

For the same.

TAKE some alum-stone, beat it in some whites of eggs, till 'tis turn'd to a curd like posset; apply it to the burn; 'twill take out the fire, and cure it, tho' ever so bad.

A Salve for Burns.

TAKE of elder-leaves, two handfuls, and one of flowers; of fanicle, one handful; of five-leav'd grass, as much: shred 'em all together, and beat 'em in a mortar with a pound of faun's-grease; then put it into a pot with a pint of fallad-oil, and set it in a stone place, close covered, for four days: afterwards set it in the oven close-covered, when you bake coarse bread: when you take it out, strain it into a pot, and keep it for your use. This will cure any burn or scald.

A Salve or Balsam for a Scald or Burn with Fire, Powder, or Pitch, and for sore Nipples, and stopping the Bloody-flux; to be swallowed in Pills.

TAKE half a pound of bees-wax chopt in small pieces; a pound of Venice turpentine, washed with rose-water; three pints of fallad-oil, and a pint of sack, mixt together;

two

two ounces of red saunders beaten to a fine powder. First, take a strong sound kettle, and put into it the wax, melting it thoroughly over the fire, stirring it always when it is melted: as it boils, put into it the turpentine, stirring it always; then, when it has boiled a pretty while, put the oil and sack into it, and let it boil strongly for a quarter of an hour or more, stirring it always; then strew in the saunders. It must boil strongly half an hour: when it is boiled enough, the froth or scum will fall to the bottom. Afterwards take it off, and strain it thro' a linen cloth into an earthen

pot. You must take care it does not take fire: when you see it rise in boiling towards the edge of the kettle, take it off the fire, and let it sink; then put it on again; let it boil strong.

For Burns, Scalds, or any Inflammations.

TAKE of diapalma, ointment of poplars, oil of elder, of each a like quantity: melt them together on a gentle fire, till they are all dissolved; afterwards put it into pots, and keep it for use. When you use it, spread it on a cloth, and lay it to the place affected. 'Tis also good in the beginning of the gout.

C A N C E R. [See p. 36.]

For a Lump on the Breast, though a Cancer.

SMother some frankincense over coals, and apply blue flanel, one piece after another, held over the smoak of it, to the part aggriev'd, night and morning. This is reckon'd an admirable remedy.

An excellent Diet-drink for a Cancer or Fistula, which has had admirable Success.

TAKE five hundred sows, commonly called hog-lice; two large

handfuls of sage; and two little handfuls of rue: bruise the lice, and pound the herbs; then put them all into a little bag, and put it into four gallons of small ale: when it has done working, at five days old, drink it for your ordinary drink.

For a Cancer, when broken.

LIVE garden-snails, put into the hole, shells and all, and supply'd fresh when they die, will cure it.

C H I L D R E N S D I S T E M P E R S. [See p. 40.]

For an Ague.

TAKE three quarters of an ounce of Jesuits powder; beat up either with figs or blue currans; sprinkle it with a little brandy to moisten it; spread it upon sheeps leather, and put it to the wrists.

For the same.

STEEP half a drachm of rhubarb in a pint of beer twelve hours; and let the child drink no other beer.

For an extreme Cold, and Stoppage in a Child's Head.

TAKE the tallow of a fine cotton-light, and melt it; then wet a

little piece of paper in it, strew some grated nutmeg upon it, and lay it upon the mould of the head: if the child has a cold at the stomach, apply a piece of the same sort to that part. You may use it for a child of a week old.

For Convulsion Fits.

TAKE two or three drops of the spirit of aniseeds in a little beer or breast-milk, and give it the child.

For the same.

TAKE the leaves and roots of single piony, and dry them in the oven; powder them, and give

as much of them as will lie on a groat-piece, in black cherry-water.

For the same.

TO a child of a year old, give three drops of balm of Gilead; drop it first on sugar, and then dissolve it in black cherry-water: give it twice a day.

For the same.

TAKE a pint of spring-water; three sprigs of centaury; three sprigs of St. John's-wort; two or three branches of yarrow; some pieces of gold: boil these on a very gentle fire, till the third part of the liquor be wasted; then strain out the herbs, and add to it half a drachm of red coral, half a drachm of amber, both finely powdered; one leaf of gold; half an ounce of brown sugar-candy; half a drachm of London-treacle; keep 'em hot for one hour over the fire; afterwards put them up in a bottle: when you give it, shake the bottle, that the powders may mix: give two spoonfuls to a child new-born, the first thing it takes, or whenever the fit assaults the child. It will keep a fortnight in a cool place.

For Costiveness.

ANoint the navel of the child with May-butter, morning and evening, with a warm hand.

For an extreme Cough.

TAKE an ounce of white sugar-candy, finely beaten; two or three spoonfuls of hyssop-water: mix these together, and set it on the fire to heat, but not to boil, till all the sugar-candy be dissolv'd; then take it off the fire, and let it stand till it be cold; afterwards put to it an ounce of oil of sweet almonds newly drawn; then shake it together every time you give it, which must be one spoonful every night and morning, or oftener if you please.

For the same.

ANoint the bottoms of the child's feet with boar's-grease; rub it in before the fire.

For the same.

ANoint the child's stomach with the oil of mace.

For a Fret.

TAKE an ounce of white sugar-candy, and beat it; then dissolve it in two or three spoonfuls of hyssop-water; then put to it an ounce of oil of sweet almonds, newly drawn; which may be known by its being thick and white; for when it is clear and green, it is old. Shake this well together, and give the child now-and-then a spoonful.

A Purge.

TAKE half a pint of milk-water; and a quarter of a pint of Canary; two drachms of rhubarb; a stick of liquorice scraped and sliced; one ounce of coriander-seeds; a quarter of an ounce of caraway-seeds; half a score raisins of the sun stoned: put all together in a bottle. A child of a month old may take a spoonful.

Another.

Dissolve half an ounce of manna in a little posset-drink; then strain it, and give a child of a quarter old this quantity, three mornings successively, or every other day.

For the Rickets.

TAKE four spoonfuls of harts-tongue-water; two spoonfuls of hyssop-water; two spoonfuls of the syrup of clove-gilliflowers; one child's spoonful of alkermes; and twenty drops of spirit of sulphur, otherwise called oil: mix it all well in the bottle together, and give the child three spoonfuls every other morning, till it is out: if it does not succeed the first time, you may give the like quantity once again.

An Ointment for the same.

TAKE neats-foot oil, dwarf-elder, or Dances-blood, a little chamomile; pound them in a mortar: boil the oil and herbs together, till the herbs are crisped; then strain it, and keep it for use. Anoint the child all over except the head, by a fire, twice a day, for fifteen or thirty days, according as it has effect. Let none boil in the fire, which will make it as black as ink; otherwise 'tis a fine green. Give it to drink with hyssop boil'd in spring-water.

For a sore Mouth, called a Thrush.

BEAT white sugar-candy very fine; then make a little pill with it and butter: you may give this two or three times a day, or oftener, if you please.

For a sore Mouth, Phlegm, or Hoarseness.

TAKE half a pint of crab verjuice; brown sage, washed, dried, pounded, and strained off the juice, two spoonfuls; something above half a pound of loaf-sugar, finely beaten: mix all these together, and let it boil gently till it come to a syrup. For a child's sore mouth, give it a little before it sucks, and so night and morning. For phlegm and hoarseness, take it fasting in the morning, and last at night, and as often as you will besides.

To make Childrens Teeth grow with little Pain.

HANG about the child's neck a wolf's tooth, that it may rub the gums with it; or, when you make the first pap for the child, the mother must milk into it a little after-milk, which the child must eat, and the teeth will grow without pain.

To rub a Child's Gums, when breeding Teeth.

TAKE two or three spoonfuls of honey-water; a spoonful of honey; if the child be loose, a spoonful of doubly-refined sugar: boil these together, till you think they are thick enough: when it is off the fire, put in a quarter of an ounce of powder of red coral; and with this often rub the child's gums.

For the Worms.

TAKE as much gun-powder as will lie on a two-pence; dissolve it in a little beer, or breast-milk: this you may give to a child of a year or two old, two or three days together; and it is good against any stoppage in the throat.

For the same.

GIVE a clyster of new-milk and sugar.

For the same.

TAKE oil of rue, oil of savine, a little honey, spread it upon white leather, and strew a little powder of myrrh and powder of aloes upon it: make the plaister, that it may reach over the pit of the stomach, and over the navel.

For the same.

TAKE lavender-cotton, boil it in milk, make it sweet with manna; then give it the child.

For the same.

SPREAD mithridate on leather big enough to come over the navel and stomach, and strew it thick with powder of aloes; give inwardly the juice of lemon, in which a little saffron is dissolv'd, in a little bag, and squeez'd: a child of three years old may take a little tea-spoonful of it often in a day.

For the same.

TAKE burnt hartshorn powder'd; boil an ounce in a quart of springwater, till it comes to a

S 4

pint:

pint: let the child drink as much as it will.

To stay Bleeding.

WHEN 'tis hot weather, if your child bleed, give it, for three

mornings together, three spoonfuls of the juice of liverwort, in plain posset-ale.

C O L I C K.

[See p. 50.]

For the Wind-colick.

BEAT the hard roe of a red herring small to powder, and take of it as much as will lie on half a crown, in a draught of white-wine or rhenish.

An excellent Medicine for the Colick.

TAKE of assafoetida, two drachms; gromwell-seed, one ounce; parsley-seed, one ounce; pellitory of the wall, a handful; nine or ten barberries: beat all these very small separate; boil them in a quart of white-wine, and let the wine be clarified before you put in the seeds. Then boil them till half be wasted; strain it thro' a cloth, and put thereto a quarter of a pound or more of brown sugar-candy; divide the portion into three parts, and drink it warm morning, noon, and night, as occasion serves.

A Clyster to be given in a Colick without Looseness.

TAKE half a pint of sack; four spoonfuls of sallad-oil; two spoonfuls of clyster-sugar: set them over the fire only till the clyster-sugar be dissolv'd; then strain it; take afterwards a lump of hard sugar as big as one's thumb, and drop upon it ten drops of oil of aniseed; then put in the lump of sugar, and dissolve it in the clyster. At the same time drop ten drops of oil of aniseed on another lump of sugar, and take it inwardly.

An almost infallible Clyster for the Colick.

A Pint of posset-drink, bay-berries, juniper-berries, chamomile-flowers, a spoonful of oil, the big-

ness of a nutmeg of mithridate, and brown sugar: fresh urine in the room of posset-drink is excellent.

The Colick Water.

POUND fifteen handfuls of chamomile-flowers in a mortar: infuse them twenty-four hours in five pints of simple distill'd water drawn from chamomile-flowers; add to it three pints of sherry; press off the liquor clear; let it stand twenty-four hours; then press off the liquor again: after which add to the infusion, six handfuls of orange-peel; an ounce and an half of nutmegs; three drachms of cubebs and cardamums; of the seeds of caraway, fennel, aniseed, angelica, lovage, of each one ounce; juniper-berries, two ounces; cloves and mace, each two drachms; the flowers of rosemary, one ounce; the tops of mint, two handfuls; of carduus-tops, two handfuls; of angelica-roots and galengal, each one ounce: the roots being sliced, the seeds and tops bruised, put these ingredients into the liquor aforesaid, and let it stand twenty-four hours more; then distil it in an alembick with a gentle fire.

The Colick Powder, excellent.

TAKE half an ounce of rhubarb; a quarter of an ounce of caraway-seeds; and the same quantity of cream of tartar and liquorice, all powder'd and sear'd: give as much of this powder as will lie on a shilling heap'd, night and morning, in what vehicle you please. 'Tis to be taken three times a week at first; and afterwards when you find your stomach out of order.

For

For expelling Wind.

TAKE of bur-seeds, beaten and finely sifted, two ounces; aniseeds, English liquorice, and brown sugar-candy, of each one ounce in fine powder: mix them together, and take as much as will lie on a shilling, in a quantity of beer, fasting.

A Medicine good against Wind, Stitches, or colicky Pains.

TAKE stone-horse dung fresh made in a morning early, and

distil it in a cold still; then put this water to fresh horse-dung, and distil it over again: two days after, take a gallon of this water, and put to it an equal quantity of severfue, rue, southernwood, and red sage: cut all these herbs together small, and put as many of them into the still as the water will cover; then distil it: when all is drawn off, mix it together, that it may be of equal strength.

CONSUMPTIONS. [See p. 57.]

For a Consumption proceeding from a Cold.

TAKE of conserve of red roses, white sugar-candy, and raisins of the sun ston'd, each four ounces: beat them all together, to a consistence; then put to it seven drops of oil of vitriol; beat them very well together, till they look of a crimson colour; afterwards put it into a pot. You must take the quantity of a nutmeg in a morning fasting, and abstain from food an hour after it; and the like quantity the last thing at night, when you are in bed. If the cold continues, make another pot; if the digestion be ill, use this: Take red or claret-wine, a pottle; nutmegs, cloves, and mace, bruised, of each half an ounce; red mint and wormwood, of each an handful: boil these from a pottle to a quart; wet a piece of scarlet in it, wring it, and lay it to the stomach.

Lady Moor's Drops for a Consumption or Cough.

TAKE four ounces of the finest flour of sulphur, to a pint of the best oil of turpentine; digest it twenty days in a hot horse-dung-hill; pour it off, and keep it close stopp'd for use. Give the patient seven or nine drops in any harm-

less vehicle, morning and afternoon, three days, resting three alternately, till a cure is effected: let him eat no cheese, and forbear all other medicines.

An excellent Drink for a Consumption.

TAKE a quart of ale; a pint of aqua vitæ; half a pound of loaf-sugar pounded; of the powder of cinamon, the powder of mace, and the powder of elecampane-roots dry'd, each two spoonfuls: mix all these together, put them into a bottle, and take three spoonfuls fasting, and last at night: if you want a stomach, take the like quantity before meals; if to digest your meat, an hour after meals: shake the bottle as often as you take it.

For a Consumption, or great Cold.

TAKE a good handful or more of elecampane-roots, newly pluck'd out of the ground; wash, scrape, and slice them thin; two wardens which will roast red: put them into an earthen pot, cover them very close with dough, and bake them with a batch of brown bread three or four hours: when 'tis almost cold, put in a quarter of a pound of the best doubly-refin'd sugar well beaten; three spoonfuls of the best honey; and three pennyworth of the

the flour of brimstone: stir or pound them all together; keep it in boxes, and eat it at any time of the day, but especially in the morning, at three o'clock in the afternoon, and at night going to bed. This has perform'd very great cures.

Very good for a Consumption.

PUT a pound of veal, and twelve turneps, into an earthen pipkin; paste the pipkin over the top; then set it in boiling water for six hours: strain it, and drink a coffee-dish-ful at a time.

An excellent Receipt for a Consumption or Cough.

TAKE a pint of oil of turpentine; four ounces of flour of brimstone; and an ounce and an half of litharge: put them into a fine urinal, and stir them all together; cover the urinal with white paper prick'd full of holes; wrap it in hay, and place it in a skillet of water; keep a constant fire under it

to boil, and to continue always scalding hot, for forty-eight hours at least: fill the skillet with hot water as it wastes: when it looks of a deep amber-colour, 'tis enough; then strain it through a flanel-cloth, and keep it close stopp'd for use. Take nine drops morning and evening, three days; if that fails of success, rest some days, and repeat the former method. Eat no cheese, and leave off other medicines.

Calves Lungs-water, for a Consumption, or Hectick Fever.

TAKE a gallon of milk; the lungs of a calf while warm, cut in pieces; a peck of garden snails wash'd in water; then beat them in a stone mortar, till all the shells are broken; twelve whites of eggs; four nutmegs quarter'd. Distil all these in a cold still: drink often of this water, sweeten'd with sugar-candy or loaf-sugar. This is exceeding good with turpentine drops.

CONVULSION.

To make black Cherry-wine, infallible for Convulsion-fits in grown Persons or Children.

BEAT the cherries in a mortar, stones and all; then run it thro' a flanel bag, but not squeez'd, only what runs from it: to every gallon of juice put two pounds of the best loaf-sugar; set it down in a cool cellar, and let it stand a fortnight or three weeks; afterwards bottle it, but only tie a paper prick'd full of holes over the bottle, and in two months time it may be cork'd: keep it in a cool place: it may be preserv'd twenty years: the older it is, the better. Give one spoonful to a child of a year old, and more or less in proportion.

How to take the Convulsion Fit-water.

GIVE to a child in the month a tea spoonful and an half; to

a child of two or three years old, a child's spoonful in a little black cherry-water; to a man or woman, two large spoonfuls in a little Mountain-wine; to a strong man, three large spoonfuls. If they find the moon has any influence, and are without warning, it must be given three days before the full, and three days after: they may take it any time, when they find the least symptom, but not when the fit is upon them.

The Convulsion-water.

SCRAPE one pound of single piony-roots clean, and slice them into three pints of white-wine; let it stand infusing in embers all night; then strain it out very hard: to this quantity put a quarter of an ounce of castor in fine powder; one ounce of spirit of castor; thirty grains of the moss of a human skull, and the like

like quantity of the skull, both which must be beaten into fine powder: mingle these all together, and shake them in a bottle one hour: take of this three spoonfuls at a time three mornings before the full and change of the moon, if there be occasion by fits coming; the same quantity at any other time. One spoonful is enough for a young child.

To make Soot-drops to cure Convulsion-fits or Head-ach.

TAKE one drachm of assa foetida; a piece of wood-soot the big-

ness of a walnut; the shells of three hen-eggs dried: beat all these into a fine powder; then put it into a quarter of a pint of French brandy: let it stand nine or ten days close stopped, shaking it once or twice a day; then strain it off for your use. A small spoonful or two may be given at any time, and three mornings before, and three after the new and full of the moon. To a man, two spoonfuls; to a woman, one spoonful; to a child of twelve years old, half a spoonful; to a new-born child, ten or twelve drops.

COSTIVENESS. [See p. 64.]

A Llenitive Electuary to be used when Costive.

TAKE marsh-mallow leaves, saxifrage-leaves, pellitory-leaves, the flowers of violets dry'd, seed and all, of each two handfuls; fennel-leaves, half an ounce: boil these in two quarts of barley-water, to about one quart, or one pint and an half; strain off the liquor, in which infuse one pound of choice prunes; four ounces of tamarinds; four ounces of raisins of the sun: when they are swell'd, and fit to

pulp, press thro' a hair-sieve the pulpy part of 'em, which add to the strain'd liquor: to them put eight ounces of the finest brown sugar, and boil them up to the consistence of an extract: add to this extract, while warm, one ounce of the cream of tartar, and keep it for use. Take the quantity of a walnut, going to bed, when costive. Three drachms of this electuary, and three grains of resin of julap, is also a good medicine for costiveness.

COUGHS and COLDS. [See p. 65.]

Syrup of Strawberries for a Cough.

TAKE a good quantity of wood strawberries; select the best of them, and put just as much doubly-refin'd sugar as the strawberries by weight; bruise the strawberries a little; which must be full ripe. Take a well-glaz'd earthen-pot with a cover, a lay of strawberries, and a lay of the sugar, till they are all in: let the last strewing of sugar quite cover the strawberries; then cover 'em, and set 'em in a cool cellar for two or three days, till the sugar is all melted: afterwards put 'em into a hair-sieve

by degrees, that has a cover; and let the syrup run from 'em without squeezing; then put it into a silver tankard, and set that into boiling water: let it boil a little, and when it is cold, put to every quart a good spoonful of natural balsam, and three spoonfuls of good spirit of wine. Grind your balsam with a little sugar, or it will always swim on the top of the syrup. Observe to shake it, when you use it. You may take a spoonful of this, going to bed; and half a spoonful, at any time when the cough is troublesome; a less quantity suffices for an infant.

infant. It is excellent for a whooping cough. To a child of a year old, you may give a tea-spoonful.

For the same.

TAKE an electuary made of conserve of red roses, and borage-flowers, of each one ounce and an half; diascordium, two drachms; Gascoign's powder, half a drachm; syrup of clove-gilliflowers, as much as suffices to make an electuary: mix all well: take of this, mornings and evenings, the quantity of a small nutmeg; and drink after it a draught of aniseed, and hay-made posset.

For the same.

TAKE a quart of spring-water, to which put a quarter of a pound of eringo-root, and two ounces of ox-eye daisies; boil it to a pint, and drink a coffee-dish full at a time, mixt with new milk, to be drank warm: if the eringo-root is not candied, it must be sweetened to your taste.

A Ptisan for a Cold.

TAKE a handful of hyssop, origany and gill the same; maiden-hair, if you can get it, a quarter of an handful; of rosemary, horehound, and colts-foot, each half an handful: chop these together four or five times; boil them in four quarts of spring-water, to which must be added half a pound of raisins of the sun stoned, if you cannot get Lent figs; two large sticks of liquorice beat and sliced; two ounces of aniseeds grossly beaten: boil these in four quarts of spring-water, till it comes to half: drink a large coffee-dish full as often as you please, or can.

An excellent Medicine for a Cough of the Lungs.

TAKE a gallon of running water; fenel-roots and parsley-roots, the pith taken out, one handful;

endive-leaves, succory-leaves, colts-foot, maiden-hair, and figs, of each one handful; eight dates, the pith taken out; three ounces of aniseeds bruised; three ounces of liquorice scrap'd and bruised very well: boil all these together till they are reduc'd to three pints; then strain it, and boil it again half a quarter of an hour; put into it half a pound of sugar-candy, as sweet as is agreeable: take every morning fasting, a good quantity warm; and at night, when you please.

Extraordinary for a whooping Cough.

A Noint the pit of the stomach, and soles of the feet, with boars-grease.

The Lozenges for a Cough.

TAKE sugar of roses, three-ounces; crabs-claws prepar'd, three drachms; the cooling confect of gum-tragacanth, two drachms and an half; sugar candy'd in powder, two ounces, with a sufficient quantity of mucilage of gum tragacanth: make it into lozenges, and take one often in a day.

The Draught.

Take oil of sweet almonds, and diascordium, of each three drachms; red poppy-water, one ounce; barley cinamon-water, half an ounce: mix it for a draught; to be taken going to bed, the bottle being first stirred.

The Lambative.

Take oil of sweet almonds, and balsamick syrup, of each one ounce and an half; white sugar candy'd, a sufficient quantity: mix it, and make a linctus: take a spoonful of it every night going to bed.

Excellent for a Cough.

AS much syrup of violets, mixt with spirit of sulphur, as will make it of an equal sharpness with barberries; to be taken two or three times a day.

To preserve Garlick for a Cough.

Dissolve sugar-candy in water ; then put in your garlick, and

boil it till it is tender ; afterwards keep it in your syrup for your use. It is excellent for a cough. Your sugar-candy must be brown.

D I A B E T E S. [See p. 75.]

For Incontinence of Urine.

TAKE a drachm of coral ; half a drachm of cranium ; and two scruples of sugar of red

roses : make it into a powder, to be given, one scruple the dose, morning and evening. This may be used in a fever.

D R O P S Y. [See p. 82.]

For a Dropfy.

STEEP an ounce of Jews-ears in a quart of white-wine : give a quarter of a pint, morning and night, till they be well.

An approv'd Diet-drink for a Dropfy, which has succeeded in Cases despaired of by Physicians.

TAKE sena and polypodium, of each six ounces ; bay-berries, four ounces ; aniseeds, two ounces ; ashen-keys, three ounces ; saffras, two ounces ; soldanella or bindweed, two ounces ; rhubarb, four drachms ; bearbind, one handful : put them into four gallons of new ale from the brewhouse to be steep'd together, and a week after, drink it as your common liquor, and no other. Put the ingredients into a bag, and let it steep in the ale, according to the time above-mention'd.

To cure a Dropfy.

LAY a mithridate-plaster all over the stomach and belly ; then take twenty drops of the spirit of vitriol in a glass of rhenish wine, increasing it every day till it comes to forty ; afterwards take it twice a day, fasting an hour and an half before and after, drinking no small drink, but wine and strong drink at meals, a little sack with a little wormwood steep'd in it, between whiles : eat dry'd biscuits often ; let your common drink be strong-beer, ale, and common wine, with mustard-seeds, elder and broom, cut something small ; then steep them all in your drink, keeping warm, and using pleasant exercises and cheerfulness, avoiding all milk. When the distemper abates, leave off the vitriol by degrees.

E X E R C I S E. [See p. 98.]

How to make a fat Man lean, without Hurt.

Dwarf elder-tree is good for this purpose : Or,

Take the quantity of a small walnut of brimstone beaten into fine powder ; twice the like quantity of fine sugar ; half a pint of red rose-water : mix these together, and set them on the embers of a soft fire, till it be blood-warm ; then drink it off warm, using some exercise for

two hours. The first sustenance you take must be a little warm broth. Continue this quantity every day for twenty days together. Take twenty leaves of the largest colts-foot green ; boil them in a pottle of clear ale posset-drink, till the pottle be wasted to a pint ; after which strain the drink from the leaves, and divide this pint into three parts, taking one part two hours after supper, when you go to bed, and drink not after it : this must be
continued

continued every night, as the powder every morning.

This receipt was try'd in Queen Elizabeth's reign upon serjeant *Wyatt Wild*, who in twenty-one days taking it fell away twenty-two inches

in the girdle, and lived afterwards twenty years, being fifty years old, when he took this medicine.

The same, as I have often try'd, cures the itch, with pimples, and many other breakings out.

E Y E S.

[See p. 100.]

For a Rheum in the Eyes.

TAKE the leaves of green stinking hemlock, the leaves of celandine, and the leaves of rue, of each a like quantity; cut them, and beat them as small as you can in a mortar: have some bay-salt ground very fine in a mortar; throw it upon the herbs, and mix it very well with a pestle; then put it into a stew-pot with a cover, and let it be set in a cellar upon a shelf: the salt must be according to the quantity of herbs, so as to keep it moist, and from moulding. If one eye is sore, lay it to the contrary wrist; if both, to both wrists. Make it the latter end of May, or the beginning of June.

A Medicine to bind to the Wrists for a Pearl, or blood-shot Eyes, also Pin and Web.

TAKE two handfuls of hemlock; two spoonfuls of wheat-flour; the white of a new-laid egg; a spoonful of honey; a halfpenny-worth of the best bole; a little unset hyssop: chop the herbs, mix them all together like a plaister; spread the quantity of a walnut upon sheeps leather; lay it upon the pulse on the contrary arm: change it morning and evening. If the eye be very full of rheum, lay any drawing thing to the nape of the neck, and it will heal the faster.

For a great Redness and Inflammation of the Eyes; call'd,

The thick Eye-water.

TAKE quince-seeds, a drachm; crocus metallorum, two scru-

ples; of red rose-water, strawberry-water, and plantain-water, each six spoonfuls; of fenel-water, three spoonfuls: set all these in a glass which will hold a quart; place it where it may have a little heat of the fire or sun; shake it often. When you use it, it must be strain'd, and two or three drops put into the eyes; take a thin cloth, fold it two or three times double, wet it in the water, and lay it on the eye: when 'tis dry, wet it again. Bind the eye up.

For a great Rheum and Redness in the Eyes, and to clear the Sight; call'd,

The thin Eye-water.

TAKE of tutia prepar'd, aloë hepatica, white sugar-candy, each two drachms; camphire, one drachm; white-wine, and red rose-water, each six ounces: let the dry things be very finely powder'd, and put them all together into a very strong glass bottle; mix them well together, stop the glass close, and set it in the sun for a month or more, stirring it every day. When you use it, you must put to a third part of this water two parts of red rose-water, or fenel-water.

A very good Water to strengthen weak Sight, and restore it when almost lost, pretty much like the former; but communicated by another Hand.

TAKE three drachms of tutty very finely powder'd, and as much aloë hepatica, in very fine powder; two drachms of doubly-refin'd sugar in fine powder: put all into

into a clean new glass bottle, with six ounces of white rose-water, and the same quantity of the best white-wine; then shake all together, cork the bottle well, tie a leather over the cork, and set it out in the sun for one month; shake it well once a day; then take it in, and keep it for use. When you use it, drop a drop or two into each eye, night and morning, till your sight is recover'd: afterwards use it as you have occasion, for three or four days, or sometimes for a week together.

An outward Medicine for the same.

TAKE of hemlock, an handful; bay-salt, half an handful: shred the herb, and beat the salt with them very well; spread it on a cloth, to be apply'd to the contrary wrist.

A Water to strengthen the Eyes, and to take off Blood-shot.

TAKE white rose-water, and plantain-water, most of the rose-water in half an ounce bottle: put in as much white sugar-candy in fine powder, as will lie upon a silver two-pence; as much saffron as will cover it: squeeze the saffron thro' a piece of muslin: make but a little at a time; for it will grow sharp.

To take a Web out of the Sight of the Eye.

TAKE a little white sugar-candy, and a little burnt alum, made into a very fine powder, just as much as will make the sugar taste a little tart; put as much of it upon the web, as will lie upon a silver halfpenny: dress the eye about eight o'clock in the morning with the powder, and at ten with the water; and at four in the afternoon with the powder, and at six with the water, till the eye is restor'd.

To take off a Flesh Pearl, if the Herbs fail.

TAKE a little of the oil which is upon the top of honey, and scrape into it a little very smooth and clear alum just to make it taste: drop into the eye upon the pearl two or three drops from a small knife's point. If the eye is weak, dress it once a day with the water, and once a day (if a strong eye, twice a day) with honey. If the eye is in violent pain, take the rotten part of a great pippin, spread it upon a trencher, and set it upright, that the water may run from it. Then put in a little bole-armoniack in fine powder to it, and mix it very well: lay some of it upon a cloth twice or thrice doubled, and bind it upon the eye, at going to bed. In the morning wash it with a little spring-water warm, and then dress it.

For a Rheum in the Eyes, be it ever so violent, and though there be a Speck, which it draws away, as has been often try'd.

BRUISE a little hemlock grossly; add to it a thimbleful of bay-salt, and as much bole armoniack as will make it into a poultice; apply it to the contrary wrist; or to both, if both eyes are sore. Let it lie twenty-four hours, and apply it as often as you find occasion.

An excellent Eye-water.

BOIL two quarts of spring-water, as for tea; then, with a clean stick, stir in two ounces of bole-armoniack; one ounce of white copperas powder'd fine; a quarter of an ounce of camphire beaten with three bitter almonds; stir it till 'tis blood-warm; then put it into bottles, and shake it three or four times a day for a month together, when it will be fit for use. The longer

longer 'tis kept, the better. Use it in bed; drop a little into the eyes. It will cure almost any sore eyes, and strengthen those which are not sore.

Dr. Moriaty's Eye-water.

TAKE white rose-water, plantain-water, and eyebright, of each one ounce and an half; verjuice, half an ounce; prepar'd tutty, half

a drachm: mix all these together with the white of an egg.

Water for the Eyes.

TAKE a new-laid egg, roast it blue-hard, take out the yolk presently, whilst the white is hot; fill it with alum and sugar-candy; strain them out, and wash the eye twice a day with the water.

FALLING of the FUNDAMENT.

TAKE the bark of oak, and boil a strong decoction of it, in which put a hot cloth, and

wring it; to be apply'd hot to the part, and as it cools, put another to it.

FEMININE DISTEMPERS. [*See p. 104.*]

For the Fits of the Mother.

TAKE half an ounce of affa fœtida, tie it in a cloth, and seeth it in a pint of raw milk, till it comes to half a pint, which take when you go to bed: then seeth it again, and take the morning following; repeat it the third time, and wring the cloth in the milk.

For the same.

TAKE a gentle purge, and afterwards nine or ten drops of the spirit of castor, twice or thrice a day, in a spoonful or two of carduus-water, heartened with compound piony.

For the same.

TAKE spirit of amber, powder of a human skull, the heart of a hare, and powder of mugwort.

For the same.

TAKE half a scruple of pearl, and so of ivory, to be given twice a day in primrose, cowslip, or mother of thyme-water.

A Powder to prevent Miscarriages.

TAKE of dragon's-blood, the weight of two-pence; of red coral-powder, one drachm; of ambergris, two barley-corns weight; of East-India bezoar, three barley-corns weight: make all these into

a very fine powder, mingle them together, keep them in a close box, and when you need, take as much at a time as will cover a penny, and rest quiet after it. Take it fasting in some mace-ale or broth; and this do as often as you have cause.

To prevent Miscarrying.

TAKE chamomile-flowers, marigold-flowers, red rose-leaves, of each a pennyworth dry'd and powder'd; one large nutmeg; as much cloves and cinamon: beat all together to powder; mix them with the flowers; quilt them in a scarlet bag, and wear them upon the navel: when they decay, renew them, and let the bag be worn from the first being with child.

Another, very excellent.

A Whole nutmeg burnt in the candle, and grated into half a pint of the best claret you can get: drink it off.

To revive a new-born child, in a Swoon.

TAKE garlick, a little quantity, and put it into each nostril, so that after the fit you may pull it out again; and between the lips put a little, as also to the soles of the feet.

A good Medicine to cause a Woman to be delivered of a dead Child.

BOIL a handful of green broom in clarified drink; when it tastes strong of it, take out the broom, put in two yolks of eggs, and sweeten it with sugar, as you do caudle; then take the powder of two date-stones, and stir it well in; draught it off, and give the woman to drink. You will find it work in her within less than an hour in great extremity: in the like case it is good in Malaga, and boil into it balm, lavender, chamomile, and sweet marjoram; put it into two linen bags, and apply them hot one after another to her belly: if the child then remain, which should come, give her a little quantity of mithridate, and unicorn's horn, with a draught of white-wine.

The Hysterick Caudle for Lying-in.

TAKE waters of black cherries; mugwort, balm, of each three ounces; hysterick-water, and treacle-water, of each six drachms; the best white sugar, three drachms; saffron and castor ty'd up in a little farfenet bag to hang in the glass, of each a scruple: mix 'em.

Dr. Chamberlain's Receipt for a Woman, to be taken a Month before her Time, in a Morning; and at Night when going to bed.

TAKE of the roots of parsley, fenel, marsh-mallows, and succory, of each two ounces; and twelve figs: slice the figs and roots; a quarter of a pound of raisins of the sun ston'd: boil all these together in three pints of spring-water, till one pint be wasted: when cold, put it into one pint of rhenish wine; then bottle it, and drink a quarter of a pint, with two spoonfuls of oil of sweet almonds in it, in the morning, fasting two hours after it, and the same quantity at night.

For bringing off any After-burden, or False-conception: Good also for the dry Gripes.

TAKE white-wine vinegar, if you have any, and boil it with wheaten-bran into a poultice; then put it into a linen bag, and apply it to the painful part as warm as you can bear it; when cold, renew it.

Against Miscarrying.

EAT often of the conserve of red roses; lay a plaister of unguentum comitissæ to the back.

An excellent Receipt for the Whites.

TAKE two pennyworth of Holland-powder, and put into posset to drink; let it be turn'd with vinegar: drink the whey, and eat the curd.

For Obstructions.

TAKE a handful of celandine, to which put three pints of spring-water: boil it till it comes to a quart, close cover'd all the while: let it stand till almost cold; then strain it off: wring the herbs as hard as you can: put to it half a drachm of English saffron, and a quarter of a pound of honey. Take a quarter of a pint in the morning fasting, and at four in the afternoon, walking or riding gently after it.

For Flooding.

BLUE linen dipt in verjuice or vinegar, apply'd, will safely stop it, and also bleeding at the nose: it must be renew'd as it dries.

Pills for the Green-sickness, extraordinary.

TAKE of chamepityls, long birthwort-root, savine, chamomile-flowers, prepar'd steel, each half an ounce; let them be all beaten into a fine powder, and with gum Arabick dissolv'd to the thickness of a syrup; beat them into a mass, of which make twelve pills of each drachm to be roll'd in powder of crabs-eyes, three for a dose, to be taken

taken morning and evening. 'Tis advisable to take warm white-wine after them, and a vomit once a week for a month, and to be let blood in the foot in five weeks, if there be occasion.

For the Green-sickness.

TAKE one ounce of sena; three drachms of jalap; rhubarb, coriander-seeds, aniseed, worm-seed, red coral, burnt hartshorn, orange-peel, of each one drachm; cream of tartar, filings of steel, of each a quarter of an ounce; sage-leaves, a quarter of an handful: let these be put into a pint and an half of small-beer or ale, and stand all night; in the morning strain out about a quarter of a pint to give to a girl about nine years old, and more to one older. Give it three mornings together; then rest one or two, and give it again occasionally; but it generally cures after the three first mornings. You must put, after the second morning, about half a pint of drink more to it.

For the same.

TAKE two large nutmegs grated; four ounces of doubly-refin'd sugar pounded very fine; as much steel-shavings as will lie on a shilling: mix them well together; take a thimbleful in the morning, fasting two hours after it; the same quantity at five o'clock in the evening.

F E V E R.

[See p. 108.]

For a Fever, especially with a Looseness or Worms.

TAKE as much powder of hartshorn as will lie upon a six-pence, twice a day, morning and evening: you may mix red powder with it, or Gascoign's, as you find occasion. This may be given to a lying-in woman.

drinking a glass of white-wine after it, and repeat the same when going to bed

Said to be infallible for the Green-sickness.

GOOSBERRY-leaves bruised and steeped in white-wine: drink a glass every day before dinner.

For the Green-sickness, almost infallible.

TAKE of ground-pine, an ounce; troches of myrrh, half an ounce; root of long birthwort, an ounce; steel prepar'd, choice myrrh, root of sow-bread, of each half an ounce; syrup of nitre, enough to make them into pills; and once a week take some gently-purging pills.

For the same.

JUICE of lavender, stript from the stalk.

For all Obstructions, particularly the Green-sickness.

TAKE in the morning fasting a tea-spoonful of the freshest tar in warm white-wine or beer for nine mornings; and if the stomach can bear it, double the dose. If you spit blood, take it on sugar, and continue it till you find benefit.

An excellent Medicine for the Green-sickness.

TAKE of syrup of wormwood, and syrup of mugwort, a spoonful of each in a glass of your own urine every morning.

Tincture of Roses, good for a Fever.

TAKE a quart of spring-water, which boil to a pint; then put in half an ounce of dry'd red roses, and give it a walm over the fire; afterwards take it off, and drop on your roses spirit of vitriol enough to make it acid; then strain it: this give as a common drink in a fever; and you may put spirit of nitre with

with roses into any cooling decoction for fevers.

An excellent Medicine good in a Spotted Fever, in the Small-pox, or the Bite of a mad Dog.

TAKE of sage and rue, each one handful; pepper scrap'd very fine, a spoonful; garlick, three heads; ordinary treacle, half a pound: put all these into a quart of strong ale, which pour into a pipkin with a cover; paste it up very close, and let it stand on a gentle fire, till half be wasted. If the small-pox fall suddenly flat, and turn blue, give to a

man five or six spoonfuls at a time; to a child, two or three spoonfuls; and if the person be in very great danger, give this once in two or three hours. The treacle mention'd is that which will run like syrup; 'tis not above eight-pence per pound.

For Twitchings in Fevers.

TAKE black cherry-water, six ounces; compound piony-water, two ounces; syrup of coral, one ounce: mix these for a julep, of which take six spoonfuls at a time, three times a day.

FLUXES, GRIPEs, &c. [See p. 123.]

A Decoction of Cinamon to stop a Looseness.

TAKE of cinamon bruised, half an ounce; boil it in three pints of water, till it come almost to a quart; then let a crust of white bread soak in it a little while, and add loaf-sugar enough to sweeten it; strain it out, and take it for common drink a little warm.

A Purge for a Looseness.

TO a child, give three or five grains of torrifed rhubarb, in a little syrup of cloves; and to one of ten years old, half a scruple; and to one of twenty years old, a scruple. Let the rhubarb be sliced thin, and then dry it over the fire on a paper; and when it is very dry, and well torrifed, powder it, and so use it. Dr. Lane says, 'tis best not to dry it.

An excellent Clyster for a Looseness.

TAKE a sheep's-head with the wool upon it, and make broth of it: to three quarters of a pint of the broth put one ounce of Venicetacle, and give it the patient, having been first purged with rhubarb.

For a Looseness, or Bloody-flux, infallible.

AN ounce of rhubarb infus'd in a French pint of the best brandy; take a spoonful of it at a time.

To prevent Fainting in a Clyster.

PUT in it a scruple, or twenty drops, of spirit of castor; which if you have not, put in two or three spoonfuls of the syrup of cloves.

For the Gripes in the Guts.

MAKE a clear posset of ale, and boil in it a large handful of mallows a pretty while, to make it strong; then put in a piece of fresh butter; strain it, and drink it warm, which will give you ease.

A Clyster against Griping of the Guts, and Pains of the Bowels.

TAKE a sheep's-head with the wool on; (the brains and tongue being first taken out) break the head in pieces; boil it in a gallon and an half of water to the consumption of one half: when 'tis boil'd almost enough, add thereto, of the best saffron, half an ounce; rosemary, mallows, and chamomile-flowers, an handful: let these boil softly for

T 2

about

about a quarter of an hour; then strain it for use. To every twelve ounces of this decoction, (being blood-warm when you use it) add two ounces of the best rectify'd spirit of wine.

A Medicine for Gripping and Looseness.

TAKE fifteen grains of powder of rhubarb, and one drop of oil of cinamon made into a bolus with syrup of quinces, which repeat for three mornings together. Every night take the bigness of a nut of

Venice-treacle, till the griping and looseness is stopt.

For the Gripes.

TAKE one handful of spearmint, the same of pellitory of the wall, the same of brown fenel, and the same of groundfil; boil these in a quart of white-wine, or old cyder, with three parts of a nutmeg, till the moisture of the herbs is boiled out; then strain it, and take the whole quantity: sweeten it with sugar to your liking.

G O U T. [See p. 126.

A Cerecloth for the Gout.

TAKE of deers-suet, resin, and bees-wax, each a quarter of a pound; boil them in a pipkin over a gentle fire: when 'tis boil'd enough, it will begin to be blackish; then to the quantity of half a pound, put three or four spoonfuls of salad-oil; boil them all together a very little while; after which, put it into a basin of fair water: if you please, you may make cerecloths by dipping cloths into it in rolls of fine Dowlas or Lockram; let the plaisters you make use of lie above a finger's-breadth always beyond the place afflicted.

Excellent for the Gout in the Stomach.

Garlick steep'd in good French brandy.

For the Gout.

TAKE one ounce of gum guaiacum powder'd; put it into four ounces of sal volatile oleosum; shake it often for four days; then pour it off into a phial: take a tea spoonful once or twice a day in a glass of water or wine: sometimes take a dose of rhubarb. This will also expel wind, carry off phlegm, and promote appetite.

To be taken Spring and Fall, to prevent the Gout.

OF sarsaparilla-wood, and China-root, cut and bruis'd, each two ounces; three ounces of polypody-root of the oak, scraped and bruised; rhubarb, and sena, each one ounce; a pugil of raisins of the sun stoned and shred: infuse all these in five pints of the best Lisbon white-wine, twenty-four hours; then strain it off, and it will keep six months. Drink eight or nine spoonfuls every morning fasting, till you have taken it all. This must never be taken when you have any of the pains of the gout upon you.

Pisjan for the Gout or Rheumatism.

TAKE hermodactyl-roots, polypody of the oak, China, and sarsaparilla, of each four ounces; guaiacum scrap'd, six ounces: break the hermodactyls, and put the roots out in small pieces in an earthen pot varnish'd; upon which put nine quarts of water, and three quarts of white-wine; let it thus boil till the third part be reduc'd; then strain the decoction, and put upon the grounds six quarts of water, and two of wine, as before; renew it, if there be occasion, and drink four bottles per day for four days together; after which take a gentle purge.

HÆMOR-

HÆMORRHAGES, or BLEEDINGS. [See p. 133.]

For Spitting of Blood.

TAKE four handfuls of the tops of young nettles; stamp and strain out the juice, which put into half a pint of cold distill'd purslain-water; sweeten it very well with syrup of sanicle; let this be made fresh every morning, to be taken two hours before eating in the morning, half of it; and the other half at four in the afternoon; take it so ten days together; then leave it off ten days; after which take it ten days again, morning and afternoon, as before.

An excellent Remedy for Spitting of Blood, whether from the Lungs, or a broken Vein.

TAKE a good handful of the green moss which grows at the bottom of the poplar-tree, and put it into a pint and an half of milk; boil it till it is reduced to a pint; and drink it lukewarm morning and

evening, either sweeten'd with fine sugar, or without. If it do not stop the bleedings in two or three days, repeat it; for it seldom fails.

Cordial Lozenges for Spitting of Blood, or Colds.

TAKE of ivory powder'd, two drachms; of red coral powder'd, one drachm; of confectio alkermes, one ounce; spirit of aniseeds, half an ounce; angelica-water compound, one ounce; rose-water, three ounces and an half; doubly-refin'd sugar, one pound: boil all together, but add not the spirit of aniseeds, nor the angelica-water, till it is almost enough; which is when it is candy-high; then drop it upon a tin plate rubbed over slightly with butter in a cloth.

To stop Bleeding at the Nose.

STAMP stinging-nettles, and put 'em into the nostril that bleeds.

HEAD-ACH. [See p. 135.]

Dr. Woodward's Medicine for the Head-ach, or any Disorder at the Stomach.

TAKE oil of sweet almonds, two ounces and an half; syrup of damask-roses, two ounces; lenitive electuary, one ounce and an half: mix and incorporate 'em to a treacle by beating 'em with a spoon;

and take a spoonful night and morning, or two spoonfuls at night, and one in the morning, if one is not enough. The oil is at London three half-pence or two-pence an ounce; the syrup is three half-pence an ounce at Bristol; the lenitive electuary three shillings a pound at Bristol.

HEART-BURN. [See p. 139.]

For the Heart-burn.

TAKE crabs-eyes finely powder'd, one scruple, in the

morning fasting, in a spoonful of syrup of clove gilly-flowers; continuing it for seven or eight mornings.

HICCUGH. [See p. 146.]

Against the Hiccough.

TAKE a good dose of diascordium, or two drachms of diu-seeds.

HYPOCHONDRIACK and HYSTERICK
DISORDERS. [See p. 147.*Excellent for Hystericks, and Palpitations of the Heart.*

TAKE two ounces of conserve of roses, and two drachms of aromattick of roses: mix them together, to be taken as much as a nymeg, first and last, night and morning.

Ointment for the Spleen, when swell'd and hard.

TAKE of common oil, three ounces; marrow of the leg of an ox, one ounce; new butter without salt, half an ounce; the juice of the roots of briony, and of wild cucumbers, of each half an ounce: boil them with a gentle fire almost to the consumption of the juices; then strain it, and to the strain'd liquor add ceterach, bark of capers, tamarinds, and seeds of agnus castus, each two drachms, all being finely beaten. When us'd, anoint the region of the spleen twice a day.

For the Spleen, and Lowness of Spirits.

TAKE of milk-water, and black cherry-water, each a pint; wormwood-water, and plague-water, of each half a pint; filings of steel, one ounce and an half; gentian-root, three drachms; tops of wormwood, and of centaury the least, each half an handful: put these ingredients together for infusion: after twenty-four days pour off the liquor for use: four or five spoonfuls are the dose.

Soot Drops, for nervous Affections.

TAKE wood-soot, salt of hartshorn, and assa foetida, of each one ounce and an half: put all these into a pint of brandy, and steep it ten days; then pour it off clear in bottles. Take twenty-five drops at any time in water: 'tis good for all disorders of the nerves and faintings.

JAUNDICE. [See p. 151.

For the Jaundice, for a Pain in the Stomach, and to cause an Appetite.

CUT the top of a lemon; pick out a little of the hard, fill it full of saffron, put on the top, roast it; then put it into a quart of white-wine; let it stand all night; afterwards take four spoonfuls of wine, put into it twenty-seven drops of elixir proprietatis: take it in the morning, and at four o'clock in the evening, till 'tis gone.

A sovereign Remedy for the Yellow-jaundice.

THE bitterness of the artichoke, taken either in juice, decoction, or tincture, as the stomach will bear it. Sometimes a quarter of a pint of juice is given, with as much

white-wine, in a morning fasting, till the cure is wrought, the great leaves and stalks being pounded. Sometimes the green of the large leaves, boil'd in ale or white-wine, or steep'd in them, have been most effectual. Others prefer, as being least disgustful, a tincture of the bottom and leaves next it in rain-water. You may slice and steep them for two hours or more, to your taste; and drink the water, mixt with wine, for your drink, till cur'd.

For the Yellow-jaundice.

TAKE a spoonful of madder, and put it into half a pint of white-wine or cyder, and let it stand all night; strain it off; in the morning drink

drink it, and at four o'clock in the afternoon, for a week or a fortnight.

For the Jaundice.

TAKE earth-worms scour'd in green fenel in an earthen pot; then pound 'em in a marble-mortar, till the juice begins to run; afterwards strain it thro' a fine rag, and

drink a spoonful or two every morning in a glass of white-wine fasting, and at four o'clock in the afternoon.

For the Black-jaundice.

TAKE burdock-roots, scrape 'em, and slit 'em; steep 'em in drink over-night, and drink of it every morning till you mend.

J E L L I E S.

The Cordial Jelly.

TAKE twelve vipers upper skins, clip 'em small; and take an ounce of the troches of vipers, and put 'em into a quart of distill'd water of carduus in a new earthen pot, covering it up close: set it in a pan of water on the fire, and let it boil till it is a strong jelly; then strain it into a white bason. Bury-water is better than carduus.

To make it into Balls.

Take crabs-claws, four ounces; one ounce of oriental pearl; one ounce of oriental bezoar; one ounce of the purest red coral; one ounce of crabs-eyes: these prepar'd as before, take four books of leaf-gold, and grind 'em with a little of the coral into a fine powder: mix all these well together, melt the jelly, and put as much into the powder, as will make it into a paste: beat it in a marble mortar with a marble pebble, till the paste is so fine as to make into balls very smooth: lay 'em on grass-plats, and dry em in a stove; keep in a dry place for use.

The Virtues.] This powder may be given to an elderly person from fifteen grains to thirty; and to a child five or ten according to the age: it will drive out any infection. It is proper in the small-pox, measles, or any pestilential distemper, for sick and fainting fits, in consumptions, stays, loosenesses; and is proper against all sharp humours. If you

leave out the gold and the bezoar, it is proper for children; and in less malignant distempers, when there is not occasion for so great a cordial.

To make Hartshorn-jelly.

TAKE to ten quarts of water three quarters of a pound of hartshorn shav'd; a quarter of a pound of ivory shav'd: put it into the water, and let it boil six or seven hours, till 'tis very slippery, and you find it will jelly hard when 'tis cold: take it off the fire, and strain it; then let it cool: when 'tis cold and jelly'd, take off the settlings from the bottom; afterwards take half of it to make hartshorn-jelly, and the rest to make lemon-cream. That half you intend to make hartshorn-jelly, put into a pan, set it over the fire, and put in as much fine sugar as will sweeten it to your taste, a nutmeg quarter'd, a bit of cinamon, a race of ginger cut small, a few coriander-seeds, and a sprig of rosemary; then let it boil till it taste of the spices; afterwards take the whites of six eggs, and half a pint of rhenish wine; beat these two very well together with the juice of one great lemon, or two small ones; then put this into your jelly, as it boils, and be sure you let it boil a good space: when this is in half a quarter of an hour, strain it thro' a flanel bag, and it will look very clear; then glass it up.

See *Jellies*, Part I. p. 69.

To break an Imposthume.

TAKE scabious of plantane-leaves, and make a strong decoction in spring-water; and in a spoonful of it take as much of the powder of carduus benedictus leaves as will lie on a shilling, for a week, every morning; then intermit for three or four days, after which you may take it again, and continue it for a good while together after it breaks.

Take every morning two pills of *Lucatellus's* balsam, as big as peas, made up with sugar-candy.

To make the Imposthume-water, or Drink.

WASH and scrape an handful of burdock-roots, and pull off the outward bark of them; then take unset hyssop, thyme, and comfrey, as much of each as you can hold between two fingers: boil these in a gallon of ale, till it comes to two quarts; strain it, and put half a pint of honey to it, and set it on the fire again, till it boil; then divide it into nine parts, and drink it in the morning fasting, and in the evening: it will cure any imposthume in the head or stomach.

KING's-EVIL. [See p. 156.]

For the King's-evil.

STAMP a peck of the flowers of fox-glove, till they be very small, in a stone mortar; after which put to them three pounds of fresh butter out of the churn; set them on a soft fire in a new earthen pipkin, and let it boil four hours, stirring it continually with a wooden flat stick; then put it out in an earthen pipkin, which never had salve in it: you may beat it again when it needs, which will be once a month: you may set it in an oven after the bread is out, and put in a piece of new butter without salt, to keep it moist. When you use it, take no more than you need at a time; and warm it not too hot, but so that the patient may well endure it. It must be laid on every place where the evil is broke. Dress the sores twice a day, anointing them with some of that oil which runs from the composition, as far as it is hard: lay on the cloth neither too thick, nor too thin: keep always the same cloth next to it; but the cloth over that, shift as often

as you please. There must be no salt in the butter you use; nor must it be wash'd, but well beaten out of the churn. There will be an oil on the top of the composition, if well kept; and that is the oil which is spoken of. During this time use the following

Diet-drink.

Take three ounces of guaiacum sliced; one ounce of its bark: infuse them for two hours in a gallon and an half of clear running water, on hot ashes, in a pipkin close cover'd; then boil it over a gentle fire, till a third part be wasted; after which add epithymum; polypody of the oak, two ounces; of the flowers of fumitrary and borage, each an handful; rosemary-flowers, succory-roots, primroses, cowslips, chamomile-flowers, violet-flowers, each a little handful; the seeds of anis and fenel, each half an ounce: boil all these till there remain but six pints of liquor; then strain it clear, and let it infuse as aforesaid, twelve hours on hot ashes, with three ounces of senna beaten: after once boiling, strain

strain it clear; then put in a little sugar according to the palate, and let the patient take two or three ounces in the morning fasting, continuing it eight days; and add or diminish as you find it work: twice or thrice a day is sufficient.

For the King's-evil.

TAKE a peck of sanicle; half a peck of harts-tongue leaves; three handfals of rue-leav'd whitlow-grass; half a pound of Spanish liquorice: wash the leaves clean, and

put 'em into two gallons of water; boil it to one gallon; take it off, and strain it; sweeten it with honey. Give the patient a quarter of a pint three times a day, first in the morning, an hour after dinner, and last at night. Before you give this diet-drink, put a good handful of scurvy-grass into a pint of white-wine; steep it all night, and the next morning strain it, and give the patient a third part of the white-wine; drink it three mornings successively, and then take the above diet-drink.

MELANCHOLY. [See p. 159.]

A Water good against Melancholy.

TAKE of the flowers of wall-gillflowers, or hearts-ease, four handfals; of rosemary-flowers, three handfals; of damask-rose leaves, three handfals; of borage and bugloss flowers, each one handful; of balm-leaves, six handfals; marigold-flowers, one handful; pinks, six handfals; cinamon grossly beaten, half an ounce; two nutmegs; one ounce of aniseeds grossly powder'd; three penny-weight of English saffron; and let them stand, being all put into a pottle of sack, and steep'd for the space of two days, stirring them very often; then distil in a dry or cold still, well pasting up the sides thereof with rye-paste: let this water drop into a glass which hath two grains of musk hanging on a little lawn bag: you must let six ounces of white sugar-candy be put into the glass where the water shall drop. You may set the glass in warm water, that the sugar may melt: whether the flowers be single or double, 'tis no difference. Take of it three times in a week fasting, two spoonfals at a time, and at

other times, if you find yourself ill. Let the fire be as small as you can; else the water will be small, and the less; and as any of the forementioned flowers grow up ripe, gather them, and put them into the sack: let the pot be closely stopp'd, and put them therein, as they ripen.

Excellent against Melancholy.

TAKE four pints of whey; put in of borage, bugloss, each two handfals; fumitory, tops of St. John's-wort, pannies, agrimony, balm, of each one handful; harts-tongue, scabious, betony, of each half an handful; polypody-roots, half an ounce: boil these to three pints; then put in three drachms of fennel-leaves; one drachm of mace; fennel-seeds, as much; cowslip and rosemary-flowers, of each half an handful; and a few raisins of the sun stoned: then give it one wallop, and let it stand close covered till it be cold; afterwards let it run thro' a cotton bag; drink of this in a morning early, and again at nine o'clock, before dinner a good draught, and then cover it.

MISLETO.

MISLETO.

Sir John Colbatch's Dissertation concerning Mistleto.

THE latter end of December gather the mistleto-leaves, and berries, and tender twigs; dry 'em in a gentle constant heat, and then make 'em into a fine powder, and put 'em into a glass cover'd with a bladder or leather. It must be kept close and dry: the large stalks must also be carefully dry'd, and preserv'd for decoction. The doctor gave his son half a drachm made into a bolus with syrup of

pionies, and a strong infusion of the stalks sweeten'd with syrup of pionies. He gave a girl two drachms of the powder every day, and in seven days she was perfectly well. A drachm of assa foetida, added to an ounce of mistleto, makes it out more powerfully than alone. Purging and bleeding are useful before you give the mistleto; but vomiting dangerous. It is good for children in gripes: they may take it in pap, panada, or breast-milk. You cannot give 'em too much: it will ease always, if not cure.

OINTMENTS, *and their Virtues.*

To make Ointment of Roses.

PUT a pound of good hogs-liquor into an earthen pot; set it over the fire in a skillet of water, till it be thoroughly melted; be careful none of the water boil into it: then take a good quantity of red roses; let the seeds be clean pick'd out; bruise them very well, put them into the hogs-liquor, and set them on a soft fire for one hour, covering them close; put it by for two days, then melt it as before; strain it from the roses, and put in fresh roses: this you must do three times; after which strain it from the rose-leaves, six or eight spoonfuls of the juice of red roses, and set it on the fire again, letting it stand four or five hours, and stirring it often; then set it by till it be quite cold.

Flos unguentorum.

TAKE of resin perrosin, Burgundy-pitch, each half a pound; virgins-wax, olibanum, each a quarter of a pound; mastich, an ounce; harts-tallow, or deers-suet, a quarter of a pound: make your gums into fine powder, searcing them; then

melt the wax and tallow, mix the powder well therewith, and boil them together near an hour; afterwards strain it thro' a canvas bag into a pottle of white-wine; let all boil together half an hour at least, and let it be always stirr'd with a good strong bramble stick, which has the rind shav'd off. A little before you take it off the fire, put in two drachms of camphire beaten small, and a quarter of a pound of Venice-turpentine, by little and little, still stirring it till it be cold enough to make up into rolls; which must be done with oil of roses, or oil of adders-tongue.

The Virtues.

It cleanses and generates flesh, and heals more in eight days, than any other salve doth in a month. It suffers no corruption in a wound, nor dead flesh. 'Tis also good for the head-ach, for wind in the brain, and all manner of imposthumes in the head, or in the body; for swellings in the ear, or of the cheek; for all manner of strains and bruises. It will draw out thorns or splinters, broken bones, or any other thing which

which may grow in a wound. 'Tis good against the bitings of venomous beasts, and ripens and heals all manner of botches without fault; fester and canker, and noli me tangere. It draws out all manner of aching in the liver, reins, spleen, and helps the hæmorrhoids, or piles.

The Lord Dennie's Receipt for making the green Ointment for Aches, Strains, or Swellings, either in Man or Horse.

TAKE six pounds of May-butter unsalted, one quart of salad-oil, four pounds of barrow's-grease, one pound of the best resin, one pound of turpentine, and half a pound of frankincense; to this proportion take smallage, balm, borage, red sage, lavender cotton, herb-grace, comfrey call'd benefit, sorrel, bay-leaves, birch-leaves, longwort, marjoram, and rosemary, of each an handful; pick, clean, and wash them; strain all the water clear from them: all these must be gather'd after the sun rising. Then stamp them in a mortar of stone or wood as small as possible. Afterwards beat your resin into powder with the frankincense, and melt them first alone: then put in your butter, hogs-grease and oil; and when all is melted, put in your herbs, and let them all boil together half a quarter of an hour; take it from the fire, and continue stirring it a quarter of an hour after; during which time put in your turpentine, and two ounces of verdigris very finely beaten to powder; stir it well, lest it run over, till it leave boiling. Afterwards put it in an earthen pot, stopping the pot

very close with a cloth, and a board at the top; set it in a dunghill of horse-muck twelve days; then take it up, put it into a kettle, and let it boil a little, taking heed it run not over; strain all this thro' a coarse cloth into some earthen or gally-pot; and when all is strain'd, put to it half a pound of oil of spike, and cover it close till you use it, when you must make it warm, in winter especially.

The green Ointment.

TAKE sage, rosemary, and rue, each a quarter of a pound; wormwood, bay-leaves, melilot, lavender, chamomile, St. John's-wort, each two ounces; rose-leaves and dill, each half an ounce; marshmallows, an ounce: chop the herbs small, and stamp them: take as much sheeps-suet as they all weigh, chop it very fine, and stamp it together with the herbs in a stone mortar, that there be no suet seen; after put in a quart of the best oil, and work them all together in a pot with your hands; cover it close with paste, that no air come in or out, and let it stand eight or ten days: then boil it on a soft fire, till the leaves are parch'd dry; afterwards strain it, and take oil of roses, oil of chamomile, oil of spike, oil of white lilies, of each a quarter of an ounce; of labdanum and storax finely powder'd, each a quarter of an ounce: mix your oils and powder, after taking it off the fire, and stir them together a good while, till almost cold, when you may put it into pots. 'Tis good for any ach, swelling, &c.

PHTHISICK. [See p. 180.]

For a phthisick Cold.

TAKE China-roots, six ounces; elecampane, and Florentine iris, of each four ounces; sarsapa-

rilla, half a pound; the leaves of harts-tongue, maiden-hair, ground-ivy, lungwort, of each one handful; white poppy-seeds, pearl barley, of each

each six ounces; liquorice, three ounces; raisins of the sun, and figs, of each four ounces: let these be cut, slic'd, gently bruis'd, and divided into two ounce-papers, which boil in a quart of fair water to the consumption of half, over a gentle fire in an earthen pot with a cover; then strain it, and divide it into two parts, whereof take one warm in the morning fasting, the other in the afternoon about five o'clock,

walking a little after. In a spoonful of the same liquor take a paper of the following powder, before you drink the rest. This method is to be continued a fortnight, taking your salts in the beginning, middle, and end. Let blood after the ninth day of the course.

The Powder.

Take of the flour of benzoin, one ounce; and divide it into twenty-four little papers for use.

P I L L S. [See p. 180.

A Medicine for the Piles.

TOAST leaves of elder on a chafing-dish of coals, and apply 'em hot to the piles.

Another very good one.

TAKE the shreds of right scarlet dy'd with cochineal; burn it to powder; then take of that powder as much as will lie on a groat-piece, one spoonful of aqua-vitæ, and a pennyworth of barrows-grease: let these simmer together in some little earthen vessel a-while on the fire; anoint with the ointment: if they be very bad, you must put in a little verdigris. The patient must sit on a close-stool over some coals. Put on the coals some frankincense and amber beaten together to powder; and set over it, that the steam may come up. Put the coals in a chafing-dish.

For the Piles, almost infallible.

BURN crow-muscles in the fire, till they will break easily; then

beat them in a mortar, and scarce them thro' a hair-sieve not too coarse; then take scuttle-fish, grate and scarce them; afterwards take double the quantity of crow-muscles, as you do of the scuttle-fish; mix it together with a little beaten ginger, and take two thimblefuls in a quarter of a pint of white-wine three nights, sweeten'd with brown sugar: this will throw them out. Then take some crow-muscles grossly powdered, mix it with some linseed-oil, spread it upon a rag, and lay it to the place aggriev'd.

For the Piles, excellent.

TAKE of the inner rind of the bark of elder, a good handful; boil it in a quart of milk and water, till half is wasted; sit over it as hot as possible; repeat this twice or thrice, and go to bed, putting a piece of warm flannel to the part affected.

P I L L S, and their Virtues.

Balsamick Pills to sweeten the Blood, and an Ointment to cure Pains in the Body or Limbs.

TAKE of turpentine of Scio, three drachms; balsam of tolu, half a drachm; balsam of Peru, three scruples: beat these all together well in a mortar; then, with powder of

crabs-eyes, make them up into pills of a common size. Take four pills every morning and evening, without any observation, drinking after them half a pint of warm ale. Continue the use of them one whole month together, and for three or four months in the year. This is call'd

call'd the balsamick pill. For your pain, take two or three spoonfuls of the best oil of turpentine, and as much nerve-oil; put both together into a pipkin, and warm them, which will make them mix. Then before a warm fire let the place pain'd be well rubb'd in, by a warm hand, with the ointment, till 'tis three or four times well dry'd in; afterwards wrap it about, and go into a warm bed.

To make the Scots Pills.

TAKE two ounce of aloe succotrina, and put it into an earthen pot that will bear the fire; pour upon it a pint of violet-water: cover it close, and set it upon wood-embers; keep a constant heat to it, but let it not boil till the water is dry'd up; then put to it the like quantity again. When it is dry'd up, if you can get it, put to it a pint of the juice of violets, if not, half a pint. Keep the same con-

stant heat all the time, till it is of a dryness to make into pills; then take it out, and put it into a gally-pot, and cover it close. Take four or five common-siz'd pills, as you find occasion. If you take them at night, they will work the next day at noon, drinking water-gruel in the morning.

To make Violet-water for the Scots Pills.

PICK the violets, and put 'em into an earthen pot well glazed; then boil a pint and an half of spring-water, and pour upon 'em: it must be very thick of violets. Let it stand upon wood-embers. It must not boil, but be kept very hot for twenty-four hours, afterwards strain it off. Wring it pretty hard; this done, put as many more fresh violets, and let it stand another twenty-four hours; then strain it again, and use it for the pills: keep it close covered while it is doing.

P L A G U E. [See p. 182.

A sovereign Antidote against the Plague, invented by Dr. Burges.

TAKE three pints of malmsey, and boil therein a handful of sage, and as much rue, till a pint be wasted; then strain it, and set it over the fire again, and put thereto a pennyworth of long-pepper, half an ounce of ginger, a quarter of an ounce of nutmegs beaten together; let it boil a little; after which put thereto four pennyworth of mithridate, two pennyworth of treacle, a quarter of a pint of good aqua vitæ, or hot angelica-water, which is better. Keep this as a most valuable treasure; take always a spoonful or two of it warm, if you be diseased, and sweat thereupon, (if not, once a day is sufficient). This is not only good for the common plague, call'd The sick-

ness, but the measles, small-pox, surfeits, and divers other diseases.

To make Plague-water.

TAKE jujubes, sebastian, roots of althea, eringo-roots, and polypodium-roots, each two ounces; a large handful of maidenhair; all sorts of dry'd blossoms of field-cowslips, cloves, borage, &c. angelica, rosemary, origanum, rue, fleetwort, St. John's-wort, centaury, colts-foot, bugloss, balm, sweet-mints, tormentil, yellow marjoram, sage, harts-tongue-leaves, polypodium, betony, wormwood, motherwort, pimpernel, scabious, celandine, succory, fluellin, monk-ear, herb robert, round robins, agrimony, wild sage, germander, wild germander, fumitory, mugwort, silverwort, tansey, arismet, water-crelles, wood-sorrel, each a large handful; carduus, wall-

gilli-

gilliflowers, both herbs and flowers; French wormwood, sage of Jerusalem, winter-savory, each an handful; boys-love or southernwood, and Jacob's-ladder, each half an handful; aniseed and liquorice, each three ounces; cloves and mace, each one ounce; three quarts of brandy. Take the juice of balm, borage, mints, agrimony, betony, celandine, each half a pint; then take two gal-

lons of wort, cyder-lees or sack-lees; steep the herbs a night or two close stopp'd: put them into a still, and the juices, roots, flowers and brandy, when in the still, but mix them a little together: keep but a slow fire under it. Cut the herbs a little before they are steep'd. The more angelica, the better; and a good quantity of agrimony and balm.

P L E U R I S Y. [Seep. 184.

For a Pleurisy.

TAKE as much male frankincense in powder, as will lie upon half a crown; and after having scoop'd out the core of an apple, fill it up with male-frankincense, which roast, and let the patient eat it all.

A sovereign Medicine for the Pleurisy.

PUT some he-goat's blood, in a silver porringer, into an oven;

dry it to powder; after which take a drachm of it in a glass of sack, or any other wine, or cordial-water: keep yourself warm for twenty-four hours. It was never known to fail.

For a Stitch in the Side.

TAKE an apple, and when it is scoop'd, fill it with resin powder'd; and when roasted, eat the whole.

P O U L T I C E S.

A Poultice.

TAKE a small handful of groundsel, almost half a pound of currans, and a quarter of an ounce of gentian-roots sliced: boil all these in a pottle of water, till it is reduced to a quart: let this be drank often, and let the child drink a great deal of fumitary-water, and syrup of fumitary. This hath cured a child which was broken out till she was ten years old. If you will, you may put a little sena into it. You may put on this poultice: Take of ground-ivy or hay-hoes, mallows and plantain, each an handful; of elder, half an handful, or a whole one: cut these herbs a little, mingle them with raw cream, and lay it on to the face.

To make a Poultice for a sore Leg.

TAKE of claret, and water, each a quart; dry'd elder-flowers, chamomile-flowers dry'd, and red rose-leaves, of each a good handful; linseed, half an ounce; fenugreek, an ounce: beat all these well together, and boil them in the liquor for half an hour; then take half the stuff to bathe the leg with two pieces of flanel steep'd in it; and put one after another as hot as it can be endured: then take horse-beans beaten fine, and sifted thro' a sieve: put the bean-flour to the other part of the stuff, and thicken it up to a poultice: spread it hot on a piece of cloth pretty thick, and put it on hot.

POWDERS,

POWDERS, *and their Virtues.**The red Powder.*

TAKE carduus, tormentil, betony, scabious, pimpernel, angelica, dragon, balm, strawberry-leaves, violet-leaves, rosemary, dandelion, fumitory, rue, sage, borage, endive, curry, St. John's-wort, agrimony, of each one handful: chop 'em very small, and put 'em to steep in a gallon of white-wine twenty-four hours; then take two pounds of bole armoniack finely beaten and searced, put into an earthen basin, and add thereto as much of the wine as will make it as wet as mortar; then put it in the sun, stirring it every hour once, till it is grown almost dry; afterwards wet it again, and set it a drying as before: thus do till all the wine be used to once wetting; to which you must put six pennyworth of saffron steep'd in some of the wine before strained; into this last wetting one ounce of mithridate, two ounces of diascordium, and half an ounce of alkermes:

when all these are put into the wine, and you have wet the bole therewith, as before, dry it so hard, as that you may make 'em up into balls, rolling them constantly as they dry. You may put out the old herbs, when steep'd so long as to get out the virtue; and put in fresh, that your powder may be the stronger: keep your herbs in the wine to the last. Give this powder in dragon or carduus-water. It is good to drive out the small-pox or measles, or any thing from the heart: it helps sweating, and is recommended against an ague, given in sack, and sweating thereupon.

Gascoign's Powder, the best Way.

GET your crabs when the sun enters into Cancer, being then in full season; take the black tips of the claws to the first joint, beat and searce 'em, and grind 'em fine upon the stone. The coral and pearl must be beaten, searced, and ground very fine.

RESTORATIVES.

The distill'd Cock-water, for any Weakness.

TAKE two handfuls of balm-leaves; one quart of plantain-water; one pound of currans rubbed, but not washed; one pound of dates, the stones taken away, and the whites next the stone, the dates sliced thin: put all into a still, and one pound of raisins of the sun ston'd; then take a good red cock, pull him, and flay off his skin, and cut him in quarters; wipe away the blood, but do not wash him; break his bones; then put him into the still; afterwards put in a quart of Malaga sack, and three quarts of new-milk; paste down the still close; then take a quart bottle, and put

into it four ounces of white sugar-candy, and a book of leaf-gold, but first grind them well together in a little mortar; set it under the nose of the still; the next water will be good, but somewhat inferior to the former.

A strengthening Drink, and not hot.

TAKE the pith of an ox or cow, one pound; tops of cypress, six handfuls; hemp-seeds, six ounces; roots of comfrey, and water-lilies, of each four ounces; the rinds of six China-oranges: let the seeds be bruis'd, and the other things cut small; then put to them a gallon of milk, and distil them in a cold still. The more probable opinion is, that
two

two quarts of milk, and the same quantity of mum, are better than all milk,

To make the Catholicon, or universal Medicine.

TAKE the elder-berries, as soon as they are fully ripe; pull the berries off from the stalk, and put them into an earthen pan, or wooden bowl; let these stand till they begin to be mouldy; then strain them, measure the juice, put it into a pot or skillet, let it boil till half be consumed; after which take it up, and

to every pint of syrup put a pound of sugar; let these boil together again, till half or better be consumed; then keep it for use. You must give a spoonful of this at a time, if the party have a cold, or a pain in the loins, or in the beginning of any disease; let the patient sweat an hour after it. If you give it for the stone, avoid sweating. This is good in any case whatever, and hath performed very great cures.

See Consumptions, &c.

RHEUMATISM. [See p. 193.]

TAKE wild garlick, which the Irish call ramfy; it is to be gather'd in woods the latter end of April, or the beginning of May: it is what cows eat which feed near woods, and the butter tastes of it. Take a quantity of this herb stamp'd, and strain out the juice; and to every quart you may add half an ounce of cloves bruise'd, and put into every bottle. It keeps the year round, and must be us'd in the following manner: Take the patient, and lay him on a pallet-bed before the fire, well secur'd from all air; then let two people be supplied with coarse towels as hot as he can endure, and rub him all over very hard for above half an hour, to open the pores; afterwards take some of this juice made hot, and with their warm hands let them rub in as much as the skin will soak up: then, if the patient can bear it, let him lie in blankets; if he cannot, in sheets made very hot: continue this till the pain is gone, which will be in three or four nights. The juice does not stain. You must keep warm

while you use it; for it inclines to a constant breathing sweat.

An highly approved Medicine for the Rheumatism and Sciatica.

TAKE water-cresses, which grow round fountains, eighteen ounces in May, and at other times twenty or twenty-four; pick them clean, cut them as small as possible, and put them into an earthen pot with the bigness of an egg of fresh butter without any water: cover the pot well, and paste round it, that no water may get in; then put your pot into boiling water, and let it boil for four hours; afterwards take it out, strain it, and let the person take it milk-warm in bed, and lie and sweat without receiving any sustenance, till they grow faint or weak; and then a broth made of fowl and veal. Sometimes the sweat will continue for eight or nine hours; in which case the food must be light.

Another, almost infallible for the Rheumatism.

TWelve drops of ethereal turpentine, to be taken twice a day.

SALVES,

SALVES, and their Virtues.

The white Salve.

TAKE resin, white pitch, and frankincense, of each half a pound; virgins-wax, and deer-suet, each a quarter of a pound; mastich, one ounce; camphire, two drachms; finely powder'd: beat the resin, mastich, and frankincense, in a mortar, to a fine powder; then melt the pitch, wax, and suet together; and put in the things you powder'd to them; boil them; after which take it off the fire, and let it stand a little while, stirring it through a thin strong cloth into an earthen or any other pot, with a quart of white-wine or old cyder; put it on the fire again, and boil it very softly till you think half is wasted; then drop in of Venice-turpentine, a quarter of a pound, drop by drop; and put in the camphire at the same time, stirring it till 'tis something cold; pour it into cold water, and as soon as you can, gather it up together: make it up into rolls, pouring oil on your hands first, to keep it from sticking to them; afterwards take white paper, and oil it as much as will go round every roll. It may be kept as long as you please for use.

The Virtues.

It is good for all wounds and sores, new or old, in any part of the head or body; cleanses all festers in the flesh, and heals more in nine days, than other salves cure in a month: suffers no dead flesh to ingender; cures the head-ach, rubbing the temples therewith, a salt phlegm in the face, and sinews grown stiff or sprung with labour, or dry for want of blood; draws out whatever is fix'd in the flesh or wound; cures the bite of a mad dog, pricking of any venomous animals; is

good for all fellons or white-flaws, festerings and cankers, aches of the liver, spleen, kidneys, back, sides, arms or legs; cures biles, botches, swellings, and humours in any part of the body; helps the gout, and all pains of the joints in man or woman; cures wrenches, palsey, and waters between the flesh and skin, as also the piles. For any of the above purposes, make a cerecloth thereof, and spread it on thin white leathet.

The plain black Salve.

TAKE a pound of good sallad-oil, and half a pound of red-lead finely powder'd; put them into a skillet, and stir it well; let it boil till it be black, and let some of it cool, if it be hard enough for plaster, take it off the fire, and put it into a little beer: when 'tis cold, roll it up, and put it into oil'd papers.

The Virtues.

'Tis good for bruises, swellings, burns or scalds, or to lay on the top of tents. Many take four of white-lead, and four of red, two ounces of bees-wax, and two of resin, and think the best.

To make the brown Salve.

TAKE of candy-oil, five ounces; of white ceruse, litharge of gold, Venice-turpentine, bees-wax, and litharge of silver, each two ounces: first put in your oil, then the wax; and when they are well incorporated, the litharge, keeping it continually stirring, the fire somewhat increased, till it grow black; then put in the ceruse, stir it well; try a drop or two in water; and if it be pretty hard, 'tis enough; if too hard, 'tis boil'd too much; pour it presently into water, and take it out forthwith; make it into rolls: if it happen to be over-boil'd in working,

ing, let it be roll'd cold; then crumble and boil it with two or three spoonfuls of oil, which will soften it; and if it be right, it will not stick to your fingers in working. The turpentine must be put in just before the rest are pour'd out.

A yellow Salve.

TAKE half a pound of fresh butter; yellow wax and resin, of

each half a quarter of a pound; flour and honey, of each two spoonfuls; two pennyworth of saffron, finely beaten: boil all together half an hour, and then strain it; this is good for an old sore.

See Wounds, Waters, &c.

S C I A T I C A. [See p. 197.

For the Sciatica.

TAKE an equal quantity of common pitch, resin, and bird-lime; melt the pitch and resin

together, first, over a soft fire; then take it off the fire, and stir it in the bird-lime, and spread the plaister upon sheeps leather.

S H I N G L E S.

For the Shingles.

BURN aqua vitæ, and dip a linnen cloth in it, which must be laid upon them: you may wet it

as often as you think good, and lay it on again.

See Cutaneous Distempers, p. 70. Article (3).

S T O M A C H. [See p. 211.

Powder to promote Digestion.

TAKE of coriander-seed prepar'd, half an ounce; of caraways, and sweet fenel-seed, each two drachms; of cloves, nutmegs, and the shaving of ivory, each a drachm and an half; of red coral, and the yellow rind of orange, each two scruples: it being all reduced to fine powder, add to it twice the weight of doubly-refin'd sugar, and mix it according to art: take a spoonful at a time after meals.

Dr. Ratcliffe's bitter Tincture.

TAKE one nutmeg sliced, one ounce of gentian sliced, two drachms of cochineal bruised, one ounce of zedoary-roots sliced, the rinds of six Seville oranges pared thin; steep these in a quart of the best brandy, and let it stand ten days, stirring it every day: strain it thro' a fine lawn-sieve; take a tea-spoonful in a glass of white-wine, two hours before dinner, the same in

the afternoon, for ten days or longer, if your stomach is not recovered.

An extraordinary Powder for any Foulness, or Wind, or other Disorders of the Stomach.

TAKE a quarter of a pound of flour of brimstone, two pennyworth of juniper-berries, and two pennyworth of elecampane-roots, all very finely powder'd at the apothecary's; and mix it with half a pound of indifferent brown sugar very well; and take a spoonful of the powder, at any time in the morning, drinking about half a pint of clear posset-drink with a little mint in it, fasting two hours, or till dinner, after it.

For a Pain in the Stomach.

TAKE a pound of green walnuts, and a pound of broad figs, which cut up in pieces; a pound of sugar, a handful and an half of rue; beat it all very well severally; then mix it

it thoroughly together, and keep it for use.

For the Pain of the Stomach and Side.

TAKE green walnuts, distil 'em, and drink the water with London-treacle. The distill'd water alone is approv'd to take down big bellies in children or others, if it be drank mornings fasting, and at even-

ings, with a little sugar, a quarter of a pint at a draught.

To make Stoughton's Bitter, Doctor Ratcliff's way.

TAKE one quart of the best French brandy, one drachm of cochineal, two ounces of gentian; six Seville orange-peels; let these ingredients stand a week in a bottle or jug, and pour off the liquor thro' a strainer.

S T O N E. [See p. 215.]

To prevent the Stone and Colick.

PUT a piece of lignum nephriticum, as big as your little finger, into a quart of spring-water: it must be cut into slices: let it stand till it makes the water look of blue and yellow colour; then take a quantity of the water, and as much white-wine as water, and drink a good draught thereof with a little lemon and water, and continue it by times, till you have taken a quart of the water; then rest for a time. This is both good for the spleen and stone.

For the Stone, Colick, and Heartburn.

POWDER the finest chalk in a large dish; squeeze juice of chamomile over it; let it dry; then repeat the same three times: when 'tis perfectly dry, take as much of the powder as will lie on a shilling.

To dissolve a Stone in the Bladder or Kidneys.

TAKE seven pints of new-milk; one handful of saffras; one ounce of liquorice, scrap'd, slic'd, and bruis'd; the bark of the marsh-mallow roots, and the bark of holyhood roots, of each two drachms; the root of phillepemile, the weight of six-pence; the outermost rind of radish-roots, the weight of three-pence; a lemon with the rind, cut in small pieces; aniseeds, one ounce:

let all these together macerate all night in a vessel close cover'd; and the next day still them very gently, and sometimes uncover the still, and stir them together. This water is to be made only in May. You must take five spoonfuls at a time, and fast four hours after; the first time, when griev'd; afterwards the same quantity, and fast as before, walking and stirring with it.

Stone Water.

TAKE waterwort, otherwise called water-parsnip; elder-flowers; strew a handful of the flowers between every two handfuls of the herb cut small; paste your still or alembick very close, and distil it. Let the party take a wine-glass of the water in a glass of white-wine for fourteen days, first in the morning, and last at night; then desist for eight or ten days, and take it again, if you find any pain.

An Emulsion to cool the Kidneys, and to take off the Heat of Urine.

TAKE of sweet almonds blanch'd, one ounce; of the four greater cole-seeds, of each half an ounce: then bruise well the seeds first in a stone mortar with a wooden pestle; but let 'em be all blanch'd: this done, put the almonds to 'em, and bruise 'em together: pour to 'em, as they are bruising, three or four spoonfuls at a time, a pint of barley-

ley-water; strain, and sweeten it with white sugar.

For the Stone.

TAKE cassia newly drawn, one ounce and an half; the best rhubarb in powder, one drachm; Chio turpentine well wash'd, seven drachms; species of diatragacantha frigid, one scruple; liquorice in powder, half a drachm: mix these together in a sufficient quantity of syrup of althea, and take the quantity of a walnut in the morning fasting; drinking after it a pint of beer posset-drink: an hour after it drink a pint of white-wine posset-drink, with nutmeg and sugar: keep warm all the morning. Take this at the full and new of the moon, beginning six days before the change, every other morning; for you are to take it but every other day, three times every change of full and new moon,

This was given to Dr. Palmer's brother, who was twenty-six years of age, and design'd in a few days to be cut for the stone; but by the use of this medicine carry'd it off in gravel, and liv'd to near eighty years without trouble from that distemper. The like effect it had on Lady Par, who was miserably afflicted with the stone, and an ulcer in the kidneys; and on many others, &c.

An excellent Receipt for the same.

TAKE the skin of three old onions, and put 'em into a clean cloth; a quarter of a pint of brandy; the juice of one lemon; and eight drops of the spirit of marsh-mallows: dip your onions into this liquor, and squeeze 'em well into it, after which drink it. It will certainly dissolve the stone, this receipt being given by a gentleman who has experienc'd it several times, and has had eleven stones come from him.

A Remedy for the Stone.

PUT one pint of fair spring-water into a quart bottle, with two spoonfuls of virgin's-honey; cork up the bottle, and shake it well to make the honey and water incorporate; then strain it off, and squeeze into it a little juice of lemon to render it more palatable, and drink it off. It ought to be taken in the morning fasting, one pint at a time, and fast about an hour after.

For the Stoppage of Urine.

TAKE melilot in May, when the flower is upon it; and distil it in a rose-still; you must still the herbs and flowers together; then the patient is to take three or four spoonfuls in a morning, or at what time soever the water stops, of this water only; but if the party cannot make water at all, and it hath stopp'd for two or three days, put in the juice of half a lemon, four spoonfuls of the melilot-water, the same quantity of white-wine, and half a nutmeg scrap'd into it; give it once in two hours till it obtains a good effect.

For the same.

WARM a pint of ale, till the froth rises; then put in a spoonful of brandy, and drink it warm, lying upon your back till it works.

To take away the Gravel, when it stops in the Neck of the Bladder.

TAKE pellitory, chervil, and onions chopp'd and minc'd together; put to them the oil of scorpions, enough to make them moist: warm them together in a frying-pan, and apply them to the bottom of the belly.

For the Gravel or Stone.

TAKE half a spoonful of linseed, half a spoonful of althea-root, a quarter of a spoonful of stick-liquorice, the quantity of a nutmeg of gum Arabick: boil them in a
quart

quart of the softest water, till reduced to a pint; strain it off, and

drink it warm fasting, or any other time of the day.

STRAIN. [See p. 223.]

For a Strain.

WHeat-bran and crab-verjuice, boil'd to a poultice consist-

ence, applied to the part as hot as you can bear it.

See *Bruises*, p. 32. and p. 275.

STRANGURY. [See p. 225.]

Pills for the Strangury.

TAKE of Gascoign-powder and liquorice, each an equal quantity, with Lucatellus's balsam, to be made into pills: four or five of them may be taken once in three or four hours, drinking after 'em a draught of an emulsion.

A Clyster, in the Strangury.

TAKE one ounce of oil of almonds fresh-drawn; half an ounce of

Venice-turpentine, mixt with the yolk of an egg, which may be added to six ounces of milk, with chamomile-flowers: mallow-roots and seeds infused in it may be given as a clyster.

For the Strangury.

TOAST barley-bread, scrape Castile soap on the toast, and apply it as hot as you can to the bottom of the belly.

SYRUPS, and their Virtues.

The Barley-syrup.

BOIL a pound of French barley in water, throw away the first water, and put to it the second time six wine-quarts of water, and let it boil till two quarts be consumed; then strain out the barley, keep the water, and put into it of sanicle, betony, agrimony, tormentil, maiden-hair, hyssop, horehound, scabious, of these a large handful; of the flowers of violets, cowslips, borage, bugloss, marigold, sage, rosemary, of each a pint well pick'd; a pound of raisins of the sun stoned; half a pound of dodefigs cut; a quarter of a pound of dates ston'd, the white skin next the stone being pull'd off; half a pound of green liquorice; aniseeds, caraway-seeds, fenel-seeds, of each an ounce; ivory, hartshorn, elecampane-roots, of each an ounce; of parsley-roots, fenel-roots, couch-grass-roots, asparagus-roots, poly-podium-roots of the oak, of each an handful. After they are

cleansed, bruise your seed and liquorice, and slice your roots: put all this into the barley-water, and let them boil very softly in the water, closely covered, for twelve hours; afterwards strain it out as clean as it can be wrung; then let it stand in, twenty-four hours; take the clear of this liquor, and add to it a pint of the juice of colts-foot clarify'd, half a pint of damask rose-water, and half a pint of hyssop-water; a drachm of saffron, three pints of the best virgin-honey, and as many pounds of sugar, as there are quarts of the liquor; boil this the space of half an hour, keeping it still very clean scumm'd; then put it into bottles, and keep it close stopp'd for use. You must take every morning three spoonfuls fasting, and last at night, in three spoonfuls of white-wine; and for old people, in sack, or aqua mirabilis. This is good for a cold, cough, phthifick, green-sickness, dropfies, and stoppage of the pipes.

To make Syrup of Violets.

PLUCK the violets from the greens, and sift them clean; then take to four ounces of violets half a pint of water, and one pound of loaf-sugar; after which take the water, put in half the sugar, and set it over the fire; clarify and skum it well; stamp your violets in an alabaster mortar; and when they are well beaten, infuse them in the clarified syrup a while; but by no means let the syrup be too hot, when you put in your violets; for then it will look green: when these have infus'd a-while, strain them, and save out a little of the juice in another vessel, which set by; afterwards put in the rest of the sugar, set it on again, and keep it stirring and skimming: when it hath boil'd softly a little while, put in the rest of the juice, and one drop of the juice of lemon; set it on a little

while again, and put it up for your use.

To make Syrup of Tolu.

BOIL half an ounce of pearl-barley in three several waters; strain off the last water, and when 'tis settled, take three pints of it, and two ounces of balsam of Tolu: let it simmer on the fire, till almost a pint be wasted; then put in two pounds of loaf-sugar, and boil it up gently to a syrup of what thickness you please; and when it is cold, strain it thro' a fine strainer.

Syrup of Corn or red Poppies.

TAKE corn poppy-flowers fresh, two pounds; warm spring-water, four pounds; the next day strain it out; repeat the infusion with new flowers; strain it again, and with its equal weight of sugar boil it into a syrup.

See *Syrups*, Part I. p. 67.

T E E T H. [See p. 226.]

An excellent Powder for the Teeth.

TAKE of bole armoniack, one ounce; myrrh, mastich, dragon's-blood, of each one drachm; pearl, hartshorn, sea-horse teeth, and white coral, of each half a drachm: make them all into a very fine powder, and keep it very dry.

For the Tooth-ach.

TAKE a little soap, and scrape a little chalk into it: mix it well together, and tie it up in a little muslin rag, as big as will go into your ear. If your teeth ache on the right-side of your mouth, put the stuff in your left-ear; but if on the left, the contrary.

T H R O A T. [See p. 233.]

A Plaster for a sore Throat.

TAKE six house-snails, shells and all, bruis'd well; and put to them a good spoonful of honey; a spoonful of powder of album græcum, the dryest and whitest; and as much bean-meal as will make it into a poultice: lay it on a cloth, and warm it very hot on both sides over a chafing-dish of coals: put it to the affected side, or both sides,

if sore, as hot as you can endure it, but not on the wind-pipe by any means, lest it draw the humour to it: when 'tis drawn out, anoint the outside with oil of roses, and keep it very warm.

For a sore Throat.

TAKE a spoonful of sallad-oil, the same quantity of brandy: mix it together, warm, and drink it off.

Almost

Almost infallible for a sore Throat and Quinsy.

DRY'D millepedes mixt in syrup of mulberries, or made up in pills with unwash'd butter, taken very often.

For a sore Throat.

A Little salt, ty'd up in a rag, bound on warm to the nape of

the neck, and kept on all night, will in a few hours cure a bad disorder of this kind. Treacle spread and apply'd to the part, has also been effectual for the same purpose.

See *Quinsy*, p. 187; and *Uvula*, p. 258.

VENOMOUS BITES. [See p. 243.]

For the Bite of a mad Dog.

TAKE the shells of male oysters; calcine the white, or inner part of them either in an oven or crucible; beat them to a fine powder in a mortar: that powder must be also sifted thro' a fine sieve; after which put six gros of the powder into a pint of right neat white-wine, and let the patient drink it off, without taking any thing else till at least three hours after; and principally beware of touching butter, or any thing oily during the time of cure. The next day let him take four gros of the same powder in the aforesaid quantity of wine; and the third day two gros, still fasting three hours afterwards, and then the cure is completed. Eight gros make a French ounce, which

our apothecaries know how to adjust to their own.

For a Bite by a mad Dog, attested by a Right Reverend Prelate.

SCRAPE the wound immediately with a knife; then wash it with salt and water. Take rue, sage, and wild daisies, the leaves and flowers of each a small handful; roots of sweet-briar, and scorzonera chopt small, each an handful; six cloves of garlick; common salt, a drachm: beat 'em to a mash, part of which apply as a poultice, and renew it daily. Pour half a pint of white-wine on the rest of the ingredients, and mix 'em well in a mortar: give the patient a quarter of a pint of the liquor prest out, and fast five hours: repeat both nine days, which cannot be omitted without extreme danger.

VOMITING. [See p. 256.]

For Vomiting, and violent Looseness in a Child.

LET blood three times, and apply a cupping-glass to the navel. Take the red tops of gil-goby-the-ground; dry them, and mix them with honey: it is good for any hoarseness: the tops are to be had in May, June, or July.

To stop Vomiting.

TAKE two ounces of four leaven, four spoonfuls of the juice of mint, four of the juice of worm-wood, and six spoonfuls of vinegar;

stir it together, till it come to a plaister.

For the same.

TAKE of spearmint, wormwood, and red rose-leaves dry'd, of each half an handful; of rye-bread grated, a good handful: boil all these in red rose-water and vinegar, till they be somewhat tender; then put it in a linen cloth, and lay it to the stomach as hot as you can endure it, heating it two or three times a day with the ingredients it boild with.

WATERS CORDIAL and MEDICINAL, and their Virtues.

A highly approved Palsy-water.

TAKE sage, rosemary, betony-flowers, of each half an handful; of lily of the valley, single piony, borage, bugloss-flowers, each an handful: steep these in spirit of wine, muscadine or aqua vitæ; then balm and spikenard, two ounces; motherwort, bay-leaves, orange-leaves and flowers, each an ounce: put to 'em as many lavender-flowers, stript from the stalks, as will fill a large gallon-glass. Gather 'em all in their season. After they are steeped six weeks, distil 'em carefully in an alembick: then put to this water citron-peel, dry'd piony-seeds hull'd, each six drachms; cinamon, half an ounce; nutmegs, mace, cardamums, cubebs, yellow saunders, each half an ounce; lignum aloes, one drachm: make these into powders, put 'em to the water of jujubes, new and good, half a pound, with their stones taken out, and cut 'em small: close the vessel with a double bladder; let 'em all digest six weeks; then press out the liquor, and strain it thro' a clean cloth: afterwards put to it prepar'd pearl, smaragds, musk and saffron, each ten grains; ambergris, one scruple; red roses dry'd, red and yellow saunders, each an ounce: hang these in a sarsenet bag in the water. Give forty drops at night in sugar, crumbs of bread to a man, at going to bed, especially in the full and new of the moon. January is the best time for gathering the roots. Some add lime-flowers and marum, about a handful of each; a pound of single piony-roots; and half a pound of angelica-roots.

Milk-water.

TAKE carduus, six handfuls; balm, spearmint, wormwood, of each three handfuls; rue, one handful: cut 'em, and steep 'em all night in two gallons of milk; then distil it off in a cold still: it is best to take off the top of the milk first.

An excellent Fever-water, and good for the Small-pox or Measles.

FILL your alembick with good strong ale; put in as much carduus as will make it very thick; paste down your alembick very close; draw off the spirit with a soft fire; keep the strongest by itself; when you use it, mingle it a little stronger than sack: thus draw off a spirit of poppies. Then take a quart of the spirit of poppies, and a quart of the spirit of carduus, both a little stronger than sack. Infuse in it three ounces of Virginia snakeweed-root, the like quantity of English snakeweed-root; two ounces of London-treacle; four ounces of carduus-seed; two ounces of hartshorn; four ounces of marigold-flowers; and twenty green walnuts; for nine or ten days: distil them all in a common still. Give it the patient in bed, fasting two hours before and after. This water may be given once in twenty-four hours, or in twelve if need be; taking after it mace, ale, or posset-drink. The dose to a man or woman three spoonfuls, to a child two.

To make Elder-wine for Fits.

PICK half a hundred of Malaga raisins from the great stalks, and chop them; put to them ten gallons of water; let them stand fourteen days, stirring it two or three times a day; then press it off. To every gallon

gallon of this liquor put a pint of elder-berry juice, afterwards put it into your vessel: it works itself. Do not stop it till it has done working, nor bung it close down 'till it has done hissing. When you tun it up, chop a handful or two coarsely of the great stalks, and throw in. Two or three gallons had best be kept out to fill up as it wastes in working.

Lady Brooke's Treacle-water.

TAKE the roots of elecampane, gentian, cypress, tormentil, angelica, of each an ounce; of the leaves of our lady's thistle, a handful and an half; bugloss-flowers, borage, marigold, and rosemary, of each two ounces; of citron-peels, an ounce; Venice-treacle, a pound, dissolv'd in three quarts of sack; one pint of red rose-water; a quart of carduus-water: infuse them all together one night, and then distil in a rose-still.

To make Barley-water.

TAKE two quarts of fair water; French barley, two ounces; hartshorn and ivory, of each half an ounce: boil it together till it comes to one; sweeten it with what syrup you please.

The Snail-water.

TAKE a pound and an half of cheese-curds before they are salted, and the flesh of a young capon stripp'd, and cut in small pieces; but throw away the bones, fat and skin. Take ten new-laid eggs; twenty-four snails gather'd in woods or groves, use them, shells and all; four lemons cut in pieces, the outer skin being taken away; four ounces of sweet almonds; half a pound of the crumbs of white bread; half a pint of red rose-water: mix all well together, distil them with a gentle fire, and keep it for use.

To make Balm-water.

TAKE a peck of balm; bruise it between your two hands; and then take two quarts of the best sack; put them into a cold still, and paste up the still, and let it infuse three days; then distil it, and you will find it a most excellent thing against any gripes, as also for the stomach and heart: put sugarcandy into it.

Surfeit-water.

TAKE of sage, celandine, rue, mugwort, wormwood, pimpernel, rosemary, dragons, scabious, agrimony, balm, scordium, centaury, carduus benedictus, betony, rosa solis, of each a good handful; angelica-roots, tormentil, zedoary, liquorice, half an ounce of each: slice the roots, wash the herbs, strain them dry in a cloth and shred them; put them all together into half a gallon of white-wine, and the same quantity of sack; steep them in it two days and two nights, close covered; then put it into an ordinary still, and distil it. When you use it, let it be lukewarm, sweeten'd with a little sugar, three or four spoonfuls of the small to a child, six or seven spoonfuls of the strong to an older person. This water is usually drawn a pint at the first, second, and third running.

Strong Cinamon-water.

TAKE of cinamon bruis'd, two pounds; Canary, two quarts; sherry, four quarts; brandy, four quarts: distil it in a hot still, and when it is cold, add to it two pounds of doubly-refined sugar pounded, and after it has stood awhile, rack it off into new bottles, which will render it fit for use.

Cordial Cinamon-water.

TAKE of cinamon bruis'd, twelve ounces; of fountain-water, five quarts;

quarts; French barley, half a pound, distill'd in a cold still according to art.

A manner of preparing Almond-milk.

TAKE four ounces of sweet almonds; blanch and bruise them in a stone mortar; and while you are bruising them, pour to them by degrees a pint of barley-water; strain it thro' a canvas-strainer, and sweeten it with as much white sugar as will make it grateful.

To make Aqua Mirabilis.

TAKE balm, mint, celandine, angelica, of each a sufficient quantity; dates, twelve ounces; cubebs, galangal, cardamums, ginger,

cloves, mace, nutmegs, of each one ounce; orange and lemon rind, of each half an ounce; caraway and coriander-seed, of each two ounces; rosemary-flowers, marigold-flowers, and melilot-flowers, of each an ounce: bruise the things which ought to be bruis'd, and infuse them in a sufficient quantity of water for the space of twenty-four hours; then, with seven gallons of brandy, distil it in an alembick: add four pounds of sugar to sweeten it.

See *Distillery*, Part I. p. 72. Also *Stomach*, Part II. p. 211. Also *Wounds*, p. 262. and as below.

W O R M S. [See p. 259.]

To make an excellent Worm-water.

TAKE lavender cotton, walnut-leaves, peach-leaves, rue, wormwood, bears-foot, savine, mint, balm, fenel, plantain-leaves, tansy, gill, one handful of bears-foot and savine to six handfuls of the other herbs; then chop them all together, and distil 'em. Take nine spoonfuls of worm-water; and to that quantity put in fifteen drops of spirit of salt, and as much red powder as will lie on a shilling; and give three spoonfuls three mornings following. This quantity a woman may take, or child of ten or twelve years old. To a child of half a year old give a spoonful a day three days, and to

the whole quantity four drops of spirit of salt, and a little red powder. Sweeten it with Syrup of lemons or mallows, or gill, if they have a cold.

An excellent Remedy for Worms.

BOIL an ounce of wormseed, bruis'd, in a quart of milk, till the strength is drawn out; turn it with London-treacle; make a clyster of the whey; more for a grown person, less for a child.

Rue and lavender cotton, made into a conserve, is also deemed excellent for a child of four or five years of age, taking the bigness of a walnut.

See *Childrens Distempers*.

W O U N D S, [See p. 262.]

A Wound Drink, which will cure old or new Sores, sore Breasts, putrified Bones, Aches in the Stomach, Fistula's, and will stop Bleeding.

TAKE oak-buds, hawthorn-buds, and bramble-buds; the herbs southernwood, wormwood, mugwort, bugle, wood-betony, plantain, fanicle, dandelion, cinque-

foil, daisy-roots and leaves, ragwort, white-bottle, [which grows in corn-fields, white and hollow, and many upon a stalk] wood-bind-flowers, ayens, wild angelica, mint, scabious, sweet briar-leaves, violet-leaves, comfrey, agrimony. Gather the buds in May or sooner, and the herbs as they are to be had; lay them

them to dry in a close room, and turn them once a day; then put them up in bags to keep all the year: when you use them, take of all the sorts together, the quantity of three handfals, and put them into a quart of white-wine, and a pottle of clear spring-water; boil them together till half be consumed; strain the liquor from the herbs; put to it one pint of the best honey, and set it on again till the scum rise and be thick, but let it not boil; then skum it very clean, and take it off the fire; and being cold, put it into a glass. Let the person take six spoonfuls in a morning fasting, and fast two hours after it: if the sore be large, let him drink so much again in the afternoon at four o'clock. If there be any proud-flesh, search it with a tent; for this drink will drive it out. A cerecloth of yellow wax, sallad-oil, and red-lead, must be laid over the orifice of the wound. This drink must not be given to a woman with child; for it may cause her to miscarry.

A Medicine excellent for any green Wound.

BOIL some ordinary Virginia tobacco in about a pint of ordinary beer, half an hour together; after which take it off the fire, and let it run thro' a rag into some clean thing: bathe the sore with it, being blood-warm, twice or thrice a day; if it be a hole which needs a tent, take of the leaves which are boil'd therein, roll them up like a tent, and put into the hole: if there needs no tent, lay the leaves upon the sore, changing the leaves every day.

The Wound-balsam.

TAKE the tops of St. John's-wort; oil of cock, a pound; myrrh, gum elemi, of each an ounce; Venice-turpentine, an ounce and an half; aloes, half an ounce; frankincense, mastich, of each two drachms: beat the myrrh, aloes, and mastich into powder; then infuse them all together in a cover'd pipkin twenty-four hours near the fire; after which boil them for one or two hours on a gentle fire; strain them hard, and keep it for use.

The Wound-drink, highly approv'd.

TAKE southernwood, worm-wood, bugloss, mugwort, betony, sanicle, plantain, dandelion, ribwort, white-bottles or champions of garden bramble-buds, agrimony, wild angelica, comfrey, hawthorn-buds, mint, scabious, strawberry-leaves, all kinds of honey-suckles, anils, violet-leaves, cinque-foil, daisy-roots, adders-tongue, oak-leaves, of each one handful: put to these herbs a pottle of white-wine, and a gallon of running water: boil 'em together till half be consum'd; then strain the liquor clear from the herbs; afterwards put to it a quart of honey; boil it again; put it in a glass, and stop it very close: let the patient drink three spoonfuls of it every morning, fasting half an hour after it, and so last at night, till he drink a quart luke-warm. This cures all wounds, womens breasts, putrified bones, causing 'em to scale; aches in the stomach; breaks an imposthume; stanches blood, or veins broken in the body; causeth bullets to fall out of the body wounded, &c.

See *Waters*, &c. p. 312.

A brief

*A brief EXPLANATION of difficult Words
made use of in the foregoing Work.*

A.

A*bdomen*, the lower belly.
Abscess, an imposthume, or gathering of ill humours.
Absorb'd, suck'd up.
Absterion, cleansing.
Acid, sour.
Acidulated, rendered sour.
Acrimonious, subject to
Acrimony, sharpness of the juices.
Adust, parch'd with heat.
Alkali, any earthy matter that ferments with acids.
Amputation, cutting off a limb.
Anodyne, a medicine to ease pain.
Anthelmintick, good against worms.
Antiacid, good against sourness.
Antihysterick, good against female disorders.
Anus, the fundament.
Aromaticks, spices:
Ascites, a collection of water in the lower belly.
Assimilated, chang'd into another substance.
Astringent, subject to bind.
Astrabilarian, or } abounding with
Astrabilarious, } black bile.

B.

Bronchocoele, a bunch or swelling in the throat like a rupture.

C.

Cadaverous, smelling like a carcase.
Callosity, a being
Callous, or of a hard substance.
Canine teeth, those which are otherwise term'd dogs-teeth.
Capillaries, the small or hair-vessels of the body.

Cardiack, a medicine comforting the heart.

Carminatives, medicines good for dispelling wind.

Cautick, a medicine which cures by burning or searing the part affected.

Cephalick, a medicine for the head.

Chalybeats, medicines made of steel.

Cistis, the bag in which worms, &c. breeding in the body, are contained.

Colliquative, wasting.

Coma, deadly sleepiness, a disease.

Concussion, shaking.

Contused, bruised.

To Corrode, to gnaw or fret.

Cosmetick, belonging to washes.

Crisis, constitution.

D.

Deleterious, destructive.

Delirium, light-headedness.

Dense, thick.

Density, thickness.

Dephlegm'd, purg'd of thickness, in liquors.

Depurate, to become clear by settling.

Deterge, to cleanse.

Digestion, the bringing a wound to a state of regular treatment.

Diuretick, provoking urine.

Dulco-acid, a mixture of sour and sweet.

E.

Effervescence, working or fretting as liquors, or as the humours of the body do.

Efflorescence, the breaking out of spots, &c. in a disease.

Emetick,

Emetick, a vomiting medicine.

Emollient, softening.

Emulsion, a milky medicine.

Epispasticks, blistering medicines.

Eroded, gnawed or worn away.

Esfuating, boiling or steaming.

To *Evaporate*, to sweat out at the pores; to dissolve in vapours.

Exacerbation, a paroxysm or sharp fit.

Excandescence, violent heat.

Excoriation, a laying bare or flaying.

Exfoliation, the stripping of flesh from the bone.

Expectoration, discharging phlegmatick matter.

Extract, a medicine drawn from some juice.

Extravasated, forced from the proper chanel of the body, as blood in bruises, &c.

F.

To *Ferment*, to leaven, to make light or puffy.

Flaccid, slack or wither'd.

Flatus, a windy humour.

Frication, } rubbing.

Friction, }

Fuliginous, dusky.

Fungous, spongy.

Fungous flesh, that which is commonly called proud-flesh.

G.

Gad of steel, a hot plate of that metal.

Ganglia, tumours in the head.

Glutinous, glewy.

Gravidity, the state of being with child.

H.

An *Hæmorrhage*, an inward bleeding.

Humidity, moisture.

Hydatides, bags of a watery matter.

Hydrocephalus, a dropsy of the head.

Hydromel, honey and water.

Hypochondriack, producing, or subject to, melancholy.

Hysterical, subject to fits of the mother, vapourish.

I.

Ichor, the thin gleet of a running sore; from whence

Ichorose, subject to gleet.

Inspissation, a thickening.

Integument, a membranaceous sheath.

Intestinum rectum, the strait gut.

Irritation, a pricking pain.

L.

Lambative, a medicine to be licked.

Lax, loose or feeble.

Laxative, subject to a looseness.

Lenify, to render mild.

Lensor, the fizy part of the blood in malignant fevers.

Leucophlegmatick, subject to white phlegm.

Levigated, hard matter ground fine.

Liensery, a kind of flux, when the meat comes from a man without any concoction or digestion, as he took it in.

Ligature, a binding.

Linctus, a medicine to be lick'd; sometimes call'd a lohock, or electuary.

Lochia, the menses.

To *Lubricate*, to render slippery.

Lympha, water, or watery matter.

M.

Macerate, to make lean, or soak.

Meconium, excrements which adhere to the intestines of new-born children. Also, syrup of white poppies.

Morbifick, apt to produce a disease.

Mucilage, slime: hence

Mucilaginous medicines, such as are of a thick, slimy composition.

Mucus, slimy matter.

N.

Narcoticks, sleepy medicines.

Nephriticks, medicines proper for the stone, or a pain in the kidneys.

Neurotick, a medicine proper to strengthen the nerves.

Nidoroſe, stinking.

O.

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O.

To Obtund, to blunt, or break the force of any noxious quality in medicines.

Odoriferous, sweet-scented.

Oedematous tumour, a swelling without pain.

Ophthalmicks, medicines for the eyes.

Ovarium, that which contains the egg.

Oxymel, vinegar and honey.

P.

Paregoricks, lenitives.

Paroxysm, a fit.

A Peccoral, a medicine cherishing to the breast.

Peripneumonicks, of the lungs.

Peritonaeum, the inner rim of the belly, covering all the entrails.

Phlegmon, an inflammation of any part.

Pituitous, phlegmatick.

Pomiferous plants, such as bear apple-like fruit.

Ptisan, barley unhusked, and sodden in water; barley-broth.

Puerpera, a child-bed woman.

A Pugil, as much as may be held between the two fore-fingers and the thumb.

Pulmonary, of the lungs.

Purulent, full of

Pus, or matter caused by a wound, &c.

Q.

Quartan fever, one which returns every fourth day.

Quotidian fever, one which returns every day.

R.

Refrigeration, cooling.

Relaxing, loosening.

To Resolve, to loosen: from whence,

Resolving, or } a loosening,
Resolution, }

Rorid, } dewy, or balmy.
Roscid, }

S.

Saliva, spittle.

Salival ducts, vessels for conveying the spittle.

Sanguineous, abounding with blood.

Saponaceous, soapy, consisting of oils and salts.

Scirrhus, subject to

Scirrhus, an hard swelling in the skin.

Scrophulous, subject to scurf.

To Secern, to separate.

Serum, the thick part of the chyle.

Sparradrap, a ceccloth spread on both sides alike.

Sphincter ani, the round encompassing muscle of the strait gut, serving to keep in the excrement.

Stimulating, provocative.

Styptick, proper to stop bleeding.

Subacid, somewhat sour.

Sudorifick, causing sweat.

Suppository, a medicine given by the fundament to loosen the belly.

Suppuration, the gathering of matter.

Sutures, the knittings of the skull.

T.

Tenacity, glewiness.

Tepid, lukewarm.

Tertian, a fever which returns every third day.

Torrified, parched.

Tortor, a twisting.

Turgidness, aptness to swell.

V.

Vehicle, a liquid serving to forward the force of a medicine, or that in which a medicine is given.

Vellicating, pulling softly, twitching.

Viscera, the bowels.

Viscid, } glewy.

Viscous, }

Volatile medicines, such as easily fly off, or evaporate.

Vulnerary, proper to cure wounds.

Uterus, the womb.

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